

ANNUAL NARRATIVE REPORT

OF

VIRGINIA E. TWITTY
Home Demonstration Agent for
Graham and Greenlee Counties

GRAHAM COUNTY REPORT

From December 1, 1953 through August 15, 1954

Virginia E. Twitty
Home Demonstration Agent
Graham County

Graham County Annual Narrative Report - December 1, 1954
Through August 15, 1954

II. Summary - Adult

A. County Situation

General County Information

Graham County varies much in its makeup and the types of agriculture. It lies in southeast Arizona in high altitude mountains. A small fertile valley stretches between the mountains from east to west along The Gila River which is the location of most of the agriculture except for ranching. The Gila River and the wells in this area furnish the water for irrigation which is necessary to turn the desert into production. The northern part of the county is covered by Apache Indian Reservation country whose people are supervised by agents of the Indian Bureau. The county was really settled by the Mormons and is still predominately settled by members and families of the Latter Day Saints' Church.

There are people of the Indian, white, Mexican, and negro races living in most of the towns in the county. There are a few of the yellow race who operate restaurants and groceries in Safford. The county industries are farming, ranching and mining. Cotton is the main farm crop.

The nine main communities of the county are located in the Gila Valley along the river and within a radius of thirty miles. The other three communities are from 60 to 80 miles distant from the county seat of Safford. The ranching areas of Klondyke and Bonita are located near the Cochise County line, and many of the people do their shopping in Willcox.

The town of Safford fairly centrally located in the county, is the main trading center for the county, as well as a large surrounding area in the adjoining counties and a portion of New Mexico. Highways 70 and 666 provide very fine means of reaching Safford from all directions. Safford is the county seat town where the Agricultural Extension Office is located in the County Court House.

The County Agricultural Agent serves Graham County only, while the Home Demonstration Agent has headquarters in Safford, but serves as agent for both Graham and Greenlee Counties.

Program Information

The Homemakers in organized groups in three communities and organized as a county unit, serve as the leaders in the planning and carrying out of the program designed for the women of the county. Others in church, or

community groups are welcomed to take part in the program and the services of the Agent are used to reach the most people. This is done mostly through Leader Training. Until the past two years the L.D.S. Church Relief Societies have been quite active in the program, and have participated 100% in many of the programs. During the past two years there was a policy of the church which restricted them in having time to devote to entering into and receiving as much of the County Homemakers' program as they had in the past. During this year six of these groups have participated in some one or more phases of the Homemakers' program.

During 1953 there was very irregular participation by the L.D.S. representatives and none whatsoever after June 1953. Requests for printed materials and kits of materials from this office for use by the various L.D.S. groups were still received and filled. Reports of work done in each group during the year are reported in the various projects.

With constant contacts and reminders to the L.D.S. group leaders there has been more interest shown than was true early in the year, and more than last year. The State Home Demonstration Leader and the Agent in the county made a visit to the President of the Mt. Graham Stake to discuss how we might better serve their groups. The President of the St. Joseph Stake could not be reached at that time, but was contacted by the Agent. Through this discussion it seemed there might be a better understanding and more participation in the county program. There were some previous misunderstandings that were cleared, and the Stake President offered to contact the other Stake President for formulating a policy through which they could get the benefit of the work in Extension. No report has been made to date.

Since the first of the year reports of L.D.S. interest in home demonstration programs have been indicated from several sources. Some of these came to the Agent through the County Council President, Mrs. Belle Bryce, who is a member of the church. There has also been indication of more use of last year's lessons than was reported. This came about through members of homemakers clubs who are in the church. Representatives from Pima, Thatcher, and Safford asked to be notified of leader training meetings for the 1954 program, and all groups have been notified.

Since this is a two-county unit for the home demonstration agent it has been necessary to make the Leader Training program successful, and it has been. So far into 1954 there have been three leader training meetings with the lessons carried back to the clubs by the lay leaders. On several special occasions the Agent has given the lesson to the clubs when it was impossible for the Leader to carry through. Assistance has been given at any time that the Agent visited the clubs. In February the Agent visited each club with the lesson "4th Seams and Finishes". In May Dr. J. N. Roney, Extension Entomologist, and the Agent visited every club with a lesson on "Insect Control".

During the year there has been active Extension work for women and girls in eleven communities. There has been planned Extension Service group work in seven communities. There are three adult, and four 4-H club communities.

Because the home demonstration agent serves the two counties the time must be rather proportionately divided as to the work in the field. However, most of the office work, planning, organizational and report work is done from the Safford office. The files in this office are rather complete for the two counties thus making it more efficient to make reports and do the most of the directing from here. Separate monthly and annual reports are made for each county. Separate 4-H Club annual reports are made for each county in cooperation with the county agent in the respective county.

The County Homemakers' Council is active in program planning, making arrangements for meeting places for meetings for project work, and in assisting with county-wide displays such as are used during National Home Demonstration Week. This is of great value to the home demonstration agent, as well as giving homemakers a better idea of the workings of the program and developing their leadership ability.

This organization is composed of all of the homemakers in the organizations in the county, with the officers or past officers of the clubs being the ones most likely to be serving as Council officers. They meet two times during the year, in the Spring and in the Fall. The Fall meeting is for Program Planning for the following year and for election of officers. The Spring meeting is the resume of the past year's work. The past four years this meeting has been held in Aravaipa Canyon as a picnic and the Aravaipa Homemakers as the hostess club.

The many channels through which homemaking information is given in addition to that through the leaders in the homemakers' and 4-H clubs is varied. The passing on of information through the homemakers themselves to neighbors and friends, not members of clubs, is one of our most worthwhile means, yet intangible as far as getting it into a report. The Agent reaches many others through office and telephone calls as well as home visits, letters, bulletins issued, newspaper articles, radio programs and other demonstrations that she gives to groups such as P.T.A., school and other church, social, or community organizations.

4-H - Summary

Of the 133 days spent on work in Graham County 58 were spent doing 4-H club work. There has been home economics club work in four communities with six different groups working. Eight leaders were active in these clubs.

III. PROJECT ACTIVITIES AND RESULTS: ADULT

a. Extension Organization and Planning

The year's work was begun and carried from December 1, 1953 to August 20, 1954 by this home demonstration agent in the county. At this time the Agent is leaving to do graduate work in clothing and textiles.

A homemaker Christmas letter went to 338 women in the county. This letter reminded the homemakers of each lesson they had had this year and how it could be used in their daily household tasks as well as in preparation for the holiday season.

The purpose of the summary of the year's program was to bring it before the homemakers who had had the lesson as well as to try to stimulate interest among those who had dropped their active interest in the program. The letter also gave some favorite and suitable recipes for the holiday. A copy follows this section of the report.

The homemaker's new year book was prepared to include all of the lessons for the year and some extra features that would be helpful to the homemakers in carrying out their program. These books were distributed to the clubs before their meetings in January. The size and completeness of the books have been well liked.

One 15-minute radio program, which also reaches Greenlee County folks, was devoted to giving the 1954 program, and explaining what each lesson would include. This was a means of getting the homemaker program to more people and trying to initiate interest for more organizations, or participation of other groups in the already planned program.

Each homemaker club in the county reported a very fine Christmas party and meeting during the month of December. The Home Demonstration Agent was able to attend two of these meetings. The Thatcher Homemakers had a rather novel gift exchange in that gifts of homemade food were exchanged rather than the usual type of gift.

The Homemakers' Council of Graham County composed of all officers and leaders of clubs is the planning and directing organization through which the Agent works to carry out the program for the year. This council meets two times a year, in April and in September. For several years the spring meeting has been a picnic in Aravaipa Canyon with the club of that community serving as hostess.

The Fall meeting is the program planning meeting and includes election of officers. The officers of this organization for the year have been: Mrs. Belle Bryce of Thatcher, President, Mrs. Charlotte Weathersby of Aravaipa, Vice President, Maybelle Carpenter of Eden Secretary-Treasurer, and Mrs. Gertrude Pointer of Thatcher, Reporter.

Early in August each homemaker and representative of the L.D.S. Church was sent a letter concerning program planning to be taken care of at the Council meeting in September. In this letter they were given a resume of the 1953 problems as stated by them at their 1953 planning meeting and a list and explanation of the lessons carried out in this year's program. They were asked to consider whether or not their problems had been solved. If not, why, and what were still problems. They were asked to give serious time and consideration to full discussion of these topics at their club meetings. Delegates to the council meeting were to have definitely in mind the decisions of the club as to topics and problems that they would consider of most importance for the 1954-55 program. A copy of this circular letter sent out is included at the close of this report section.

Such fine results of this procedure was shown for last year. As a result of the letter to homemakers, emphasis on local club planning and good follow through by the club officers and leaders, these women came to the meeting with well thought through plans and instructions from their clubs. They were free with discussion, but rather positive in trying to get into the 1954 program the needs of club members.

This year's letter included more thought provoking suggestions or questions as furnished by the various subject matter specialists. More reminders and suggestions for 1955 lessons have been presented by the agent throughout the year.

With one agent serving two counties it was decided to continue last year's procedure of having a committee from each county assist with selecting the program topics for the two-county unit from the final selection of each of the two counties. This was done very satisfactorily and the plan is suggested for continuing this year.

The Agent was very disturbed over the report that the Safford Club was disbanding. After talking with each member and realizing their situation and that they regretted having to do this, it was more understandable. This was a small group with each of the members having two to four small children. These young mothers felt very disturbed to have to have the children at the meetings, and yet they did not feel that they could hire baby sitters. They were not able to get the most from the meetings themselves. Three of the members were having to drop club activities due to heavier church duties. Three of the members were also having another baby which would curtail their activities for a time. They were in the process of trying to elect officers for the coming year and found that none of the active members were willing to accept that responsibility. It seemed from the opinions of the members that during this year or next they will very probably want to re-organize with the same membership and additions. Leaders this club who have participated in clothing and foods indicate that they would like to continue to attend leader training meetings. They think that they will be able to use the information in part in the Relief Society that they will attend.

The officers and leaders from both Graham and Greenlee Counties came together for the training meeting in Safford on January 27. There were 26 members from six clubs. One club failed to get the notices due to mail difficulties. In the morning the presidents and vice presidents were given training and discussed their problems with Mrs. Flora Munkres of Morenci in charge. The home demonstration agent gave help to the secretaries and treasurers, and found that they were very receptive and willing to do a good job with the information that they were given. Jo Perrill, Womens' Editor of "Arizona Farmer" gave the reporters some fine help. She stressed the importance of their using the name of the husband and their given name if they desired, in writing reports.

In the afternoon, Belle Bryce, President of the Graham County Council, gave her ideas on the President's responsibility to the leaders in allowing adequate time and planning with them to have a good lesson. She then stressed the leader's responsibility to the club to be sure that they are giving what the club most wants, and that they give adequate preparation to the lesson. After this the leaders were given time to select questions that they would like to discuss. Most of their questions could be answered by the group. The Agent then clarified and strengthened any of the points brought out. These leaders arrived at the following conclusions:

- It is important to have the president allow adequate time for the lesson
- Leaders should know how much time they will be allowed
- Leaders must plan for their meeting by reviewing the information given at training meetings
- Leaders must practice the demonstration to be given at the club
- Have members participate in the lesson if possible
- Allow time for discussion
- Leaders remind members of reports and information given from time to time throughout the year
- Get final reports and send to H.D.A.

A weekly 15-minute radio programs is shared with the county agricultural agent. This program is at 1:00 P.M. on Saturday except ~~for~~ the time during the baseball and football season when it has been at 10:30 A.M. Saturday. This program is to give subject matter information as well as to keep the homemakers up to date on happenings among their group and the 4-H clubs of the county. The Greenlee County homemakers have also asked to be included in this program since the agent serves both counties and there is a very close link between the two. This program has included 4-H club and homemaker members to help carry out certain programs directly related to their work. Any subject matter is kept very timely and authentic and an offer of more information from the office is often included.

There has been timely information furnished to the homemakers of the county through the newspaper in the county and on certain

occasions in the Phoenix papers through their regular correspondent. Office and telephone calls, letters and bulletins, as well as home visits are other means of giving information to residents of the county. The volume of these contacts is rather heavy for this area. The number of bulletins and mimeographed information that is distributed by this office is quite large. These are given out at meetings, by mail as a result of letters or telephone calls, or, from office calls. The number of requests as a result of radio programs seems quite small, but it is hard to determine. It is evident from personal contacts that many of the women use the information given to them by radio.

The Agent told of home demonstration work in the counties to a group of foreign students enrolled at the University of Arizona, that visited in the county on March 27. This was an interesting group to talk with, but few of the countries represented have any type of work in the homemaking field.

The opportunity to visit with other foreign agricultural representatives in the county gave the agent some idea of the extent of home demonstration work in these countries.

Miss Jean M. Stewart, State Home Demonstration Leader, and the Agent visited with Mrs. Thelma Malloy, President of the L.D.S. Mt. Graham Stake, to discuss ways that the Latter Day Saint Relief Society members might participate in the extension program. Mrs. Malloy planned to discuss the matter with Mrs. Glen Hoopes, President of the St. Joseph Stake and notify the agent of their decision. Mrs. Hoopes was out of town and could not be visited when Miss Stewart was in the county.

Miss Stewart and the Agent had a very nice visit with Mrs. Roy Layton President of Mt. Graham Cowbells. Miss Stewart discussed Country Life Conference and the entire extension program was talked over. A 1954 program booklet was left, and other assistance was offered by the Agent.

A committee of Mrs. Rachael Williams, Mrs. Donna Curtis, Mrs. Lois Kempton, and the Agent planned for observance of National Home Demonstration Week.

Bellman's Department Store was contacted regarding the placing of an exhibit in their window, but their plans for window display had been made, so it was decided to accept the window offered by the J. C. Penney Company. It was decided that the window display would include information and articles on short cuts in sewing, better use of electrical equipment, and meat cookery, with posters and bulletins showing other phases of the program and where information might be secured. A radio program with the Agent interviewing the county council officer was given during the week. Other radio programs and publicity were used in observance of "National Home Demonstration Week."

The Agent attended the Cowbelles and Cattlemen's annual meeting held in Thatcher. The Cowbelles were invited to participate in the weekly extension radio program on that day but they felt they were too busy at the meeting. They will be asked at some future date.

The Graham and Greenlee County homemakers picnic held in Firth's Park in Safford on April 29, was not as well attended as we had hoped. Family illness in many groups prevented the members from attending. The day was one of our very windy and dusty ones, but it did not seem to dampen the spirits of those who attended. A very fine picnic lunch was served with each club sharing. The program consisted of skits, contests, and readings by each group. This furnished the entertainment for the afternoon. The group enthusiastically decided they would like to have another picnic next year.

Five representatives of three homemaker clubs in Graham County attended Country Life Conference. These included Mrs. Belle Bryce, County Council President, Mrs. Charlotte Weathersby, Council Vice President, Lois Kempton, 4-H Club Leader and homemaker member of Eden, and Mrs. Vinnie Marshall of Eden, and Mrs. John Sears, wife of the County Agricultural Agent. These women were all active in the program and very well pleased. Mrs. Bryce was asked to serve at the punch bowl during the tea held at the home of Mrs. Richard Harvill, wife of the University President. Mrs. Weathersby led in the grace sung at the banquet. Other members of the group participated in various parts of the program, and seemed to enjoy it very much. The song books "Arizona Sings" were launched at Country Life Conference, and all were pleased to have an autographed copy. Those members participating in the group singing had an opportunity to learn some of the songs that they were not familiar with.

The home demonstration agent represented the agents as a consumer on the panel discussion and a television show presented during Country Life Conference. This part of the program dealt with buying of ready-made dresses.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

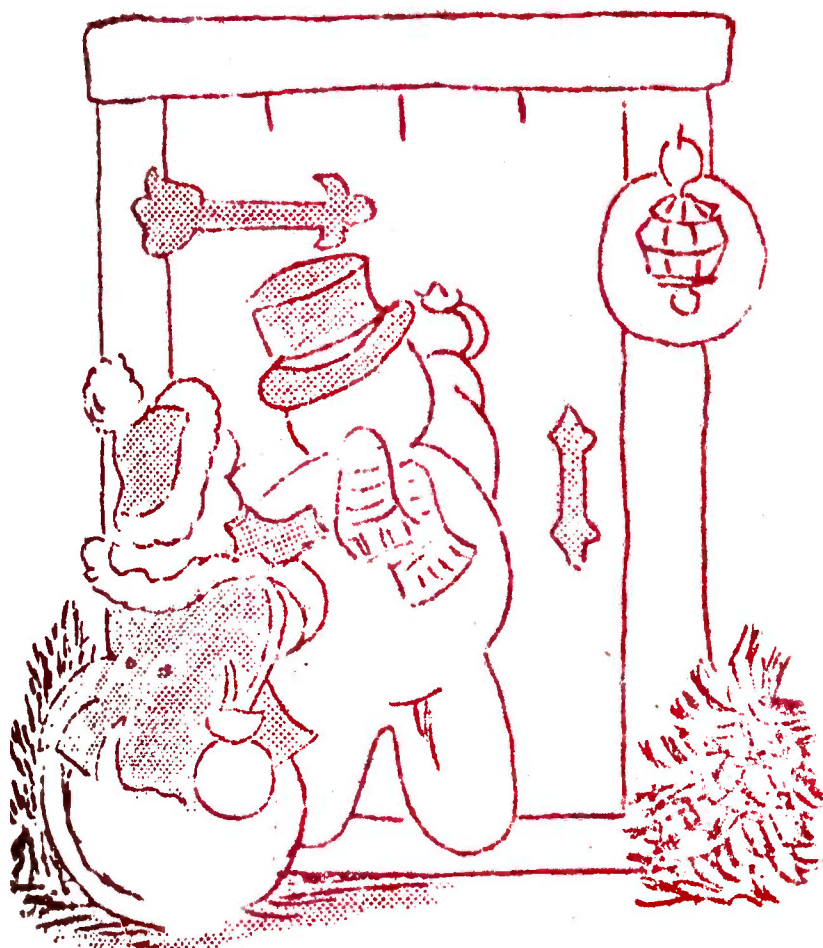
Safford

University of Arizona
College of Agriculture
U. S. Department of Agriculture
Graham and Greenlee Counties
Cooperating

Duncan

Agricultural Extension Service
Home Demonstration Work
County Agent Work

December, 1953



Dear Homemaker:

I am sure you are thinking of Christmas, and probably of all the things you have to do between now and that time.

Maybe you are putting to use some of the helps from the Homemakers' lessons we've had this year. Some of the techniques in the lesson on "Trims and Finishes" will come in handy if you are doing some Christmas sewing. Your gift buying will remind you to remember the many things we learned in the "New Fabrics" lesson. Read labels and buy the fabric best suited to the purpose.

If you haven't made use of the recipes for mixes, given to you with the "Menu Planning for Time Saving" lesson, now is the time to do it. You can save time and energy by putting this lesson to good use. Your menu patterns are

helpful too. Plan some broiler meals and make good use of the heat for cooking in the broiler and the oven.

Remember too, to save energy in some of the ways Miss Ryan taught us in the lesson "Easier Ways of Doing Household Tasks". You'll need more time and energy during this busy season.

"Better Use of Electrical Equipment" can very well apply to this time of year too. Be sure your electrical equipment is used safely. This is especially true when you put up the Christmas tree and other lights.

Maybe I have been too business-like for a Christmas letter, but I can see good uses for everything we have learned this year in our Homemaker Program.

You can make your Food Freezer work for you during the holidays. Prepare much of your food before the rush so you, too, can enjoy the fun and frolicking with the rest of the family.

I'd like to offer you my "Orange Pudding" recipe. I think you might like it.

ORANGE PUDDING

Juice one or two oranges and dissolve one cup brown sugar in juice. Save for topping. (Save orange rind and pulp).

Cream one cup sugar and one-half cup butter together. Add two eggs and beat. Dissolve one teaspoon soda in one cup sour milk. Alternately add this and two cups flour, one teaspoon baking powder plus one-half teaspoon salt, sifted together, to the first mixture.

Grind one cup raisins and the rind of one or two orange peels. Chop one cup nuts. Add fruit and nuts to the above mixture and mix well. Bake about 50 minutes in a 350° oven. When the pudding is removed from the oven leave in pan, and pour the juice over the top being sure it is well distributed. Serve this hot or cold with lemon sauce or whipped cream.

LEMON SAUCE

Mix

- 1 tablespoon cornstarch
- 1/2 cup sugar
- 1 teaspoon grated lemon rind
- 2 tablespoons lemon juice

Add

- 1/2 cup warm water and boil 5 minutes

Add

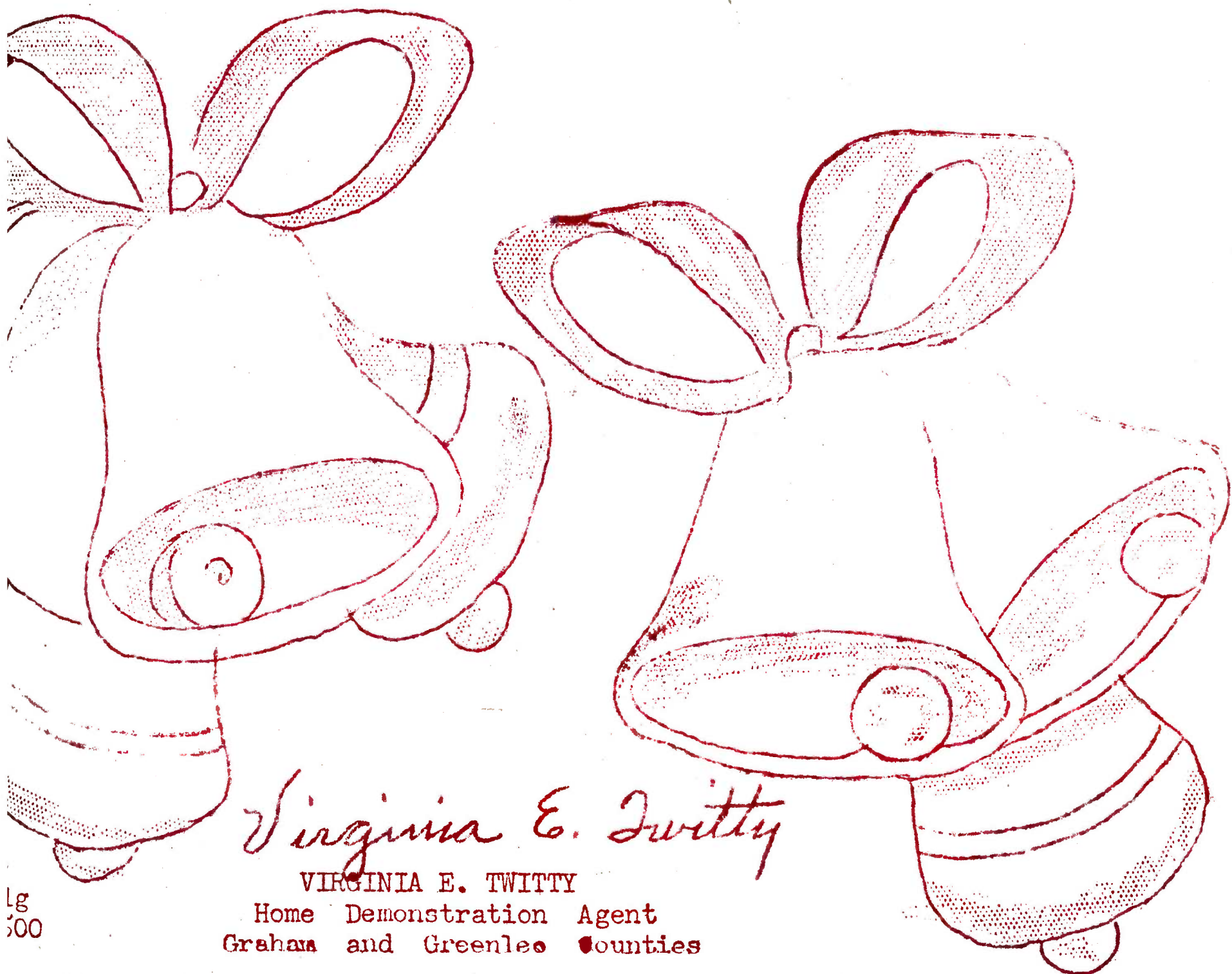
- 2 tablespoons butter
- Nutmeg and salt to taste

Serve this Bohemian tea to guests when they drop in. A bit of spice adds to the festivity of the holidays whether it is for guests or the family.

BOHEMIAN TEA (Serves 20)

- 3 quarts boiling water
- 1 cup sugar
- 1 teaspoon whole cloves
- 1 stick cinnamon
- 1 tablespoon orange Pekoe tea
- 3/4 cup orange juice
- Juice of 2 lemons

I do hope this is going to be one of your happiest and most satisfying Holiday Seasons. If I don't see you at your Christmas party remember, I wish you each a Merry Christmas and a very good 1954.



TODAY'S HOME
BUILDS
TOMORROW'S
WORLD



G R A H A M - G R E E N L E E C O U N T Y
H O M E M A K E R S '
P R O G R A M
1 9 5 4



HOMEMAKERS CLUBS
GRAHAM AND GREENLEE COUNTIES

Under direction of College of Agriculture
University of Arizona
Agricultural Extension Service

Charles U. Pickrell, Director

Jean M. Stewart, State Leader Home Demonstration Work

Specialists:

Helen L. Church, Clothing
Grace Ryan - Home Management
Elsie Morris, Foods

4-H Club Office

Ellen Kightlinger
Acting State Leader

John L. Sears

County Agricultural Agent - Graham County

Roy B. Jeter

County Agricultural Agent - Greenlee County

Virginia E. Twitty

Home Demonstration Agent, - Graham, Greenlee Counties

Name of Club Member

Name of Club

Day of Meeting

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ARIZONA HOMEMAKERS' CREED

- To live as humbly as I can
- To take what comes of good or evil and grow by my experience into a better and more understanding person.
- To cling to the Faith which I possess and live each day a little better than the day before
- To see others through their eyes and not through my own
- To be blind to the faults and see only the fine in every life
- To so live that I have no need of secret places to hide that which I would not have my friends know
- To live the same when I am alone as I do before the world
- To be exactly what my very best friend thinks I am
- To honor the teachings of my parents and when I am called to leave the sphere of action, to live in the memory of someone as a true friend.

Mrs. Lila Newell.

A CLUB MEMBER'S PRAYER

Help us, O Lord, that we, as women may realize our
our service to our homes and communities in a
threefold way:

As true and loyal wives in every path of married
lives;

As kind and loving mothers who will guard, carefully
the morals, health, and efficiency of the little
lives Thou has entrusted to our care.

And as faithful and thoughtful sisters both at home and
elsewhere; ever ready to extend a helping hand in the
interests of humanity's needs in every walk of life
in any and every community.

THE PREFACE

To the Constitution of the United States, we the people of the United States in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves, our posterity, do ordain and establish this Constitution of the United States of America.

THE PLEDGE TO OUR FLAG

I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands. One Nation, indivisible, with Liberty and Justice for all.

COUNTY COUNCIL OFFICERS

Graham:

President:	Belle Pryce, Thatcher
Vice.Pres.	Charlotte Weathersby, Klondyke
Sec.Tres.	Mary Clearce, Safford
Reporter	Gertrude Pointer, Thatcher

Greenlee:

President:	Linnie Hoverrocker, York
Vice Pres.	Lucy Campbell, Morenci
Secretary	Marjorie Eoren, Plantsite
Treasurer	to be replaced
Reporter	Carthelle Ross, Clifton

CLUB OFFICERS AND COMMITTEES

President _____
Vice President _____
Secretary _____
Reporter _____
Recreation _____

LEADERS:

Foods: _____
Clothing: _____
Home Mgt.: _____
Health: _____

CLUB ENROLLMENT

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____

JANUARY

Roll call: What I can do to help my club in 1954

Date _____ Place _____

Hostess _____ Leaders _____

Subject: Fill in year books; send completed book to
county office

Nothing turns out right unless somebody makes it
his job to see that it does.

FEBRUARY

Roll call: A sewing hint I find helpful

Date _____ Place _____

Hostess _____ Leaders _____ Agent _____

Subject: 4-H Club Methods of Seams and Finishes
(Given to clubs by agent)

Let us not concern ourselves about how other men
do their duty, but concern ourselves about how we
shall do ours.

MARCH

Roll call: My family's favorite meat dish.

Date _____ Place _____

Hostess _____ Leaders _____

Subject: Less Known Cuts of Meat

Leader training; Foods leaders

Greenlee March 9

Graham March 10

APRIL

Roll call: A problem I have with care of floors.

Date _____ Place _____

Hostess _____ Leaders _____

Subject: Floor Finishes and Coverings

Leader training; Home Management leaders

Greenlee - April 1

Graham April 2

COUNTY COUNCIL MEETING

Greenlee April 13

Graham April 14

Even if you are on the right track, you will get run over if you just sit there.

MAY

Roll call: A health measure I practice

Date _____ Place _____

Hostess _____ Leaders _____

Subject: _____
(Health lesson arranged by the club)

Examine yourself before someone else examines you.

JUNE

Roll Call: My greatest problem in washing and
ironing

Date _____ Place _____

Hostess _____ Leaders _____

Subject: Easier Ways of Washing and Ironing

Leader training: Home management leaders

Greenlee June 9

Graham June 10

COUNTRY LIFE CONFERENCE * Tucson June 14 to 17

The trouble with "give till it hurts" is
some people hurt so easy

JULY

Roll call: A home safety hint

Date _____ Place _____

Hostess _____ Leaders _____ Recreation _____

National Safety Week during the month

Everything comes to him who waits - and hustles
while he waits

AUGUST

Roll call: The book I most enjoyed reading

Date: _____ Place _____

Hostess: _____ Leaders _____

Subject: _____

(To be selected and arranged by club)

Lesson suggestions:

Book review, hobbies, legal status of women etc.

4-H Club Camp

4-H Club Leaders' Conference

It is not the whistling that makes the locomotive go,
it is the silent steam.

SEPTEMBER

Roll call: My greatest sewing problem

Date _____ Place _____

Hostess _____ Leaders _____

Subject: Better Dresses

Leader training:

Week of Sept. 13th - meetings to be arranged

Week of Sept. 27th - meetings to be arranged

COUNTY COUNCIL MEETINGS

Greenlee - Sept. 8

Graham Sept. 9

4-H CLUB ACHIEVEMENTS

OCTOBER

Roll call: Why I am glad to be a homemaker club member

Date _____ Place _____

Hostess _____ Leaders _____

Subject: Better dresses

Leader training:

Week of October 11th - meeting to be arranged

Time to reorganize 4-H clubs

NOVEMBER

Roll call: My favorite frozen food

Date _____ Place _____

Hostess _____ Leaders _____ Agent _____

Subject: Making your food freezer work for you

THANKSGIVING - November 25

Sympathize with the world. Do not allow yourself to grow old in thought or feeling. Educate yourself for a charming old age, there is not time to lose.

DECEMBER

Roll call: The thing I enjoy most about Christmas

Date _____ Place _____

Hostess _____ Leaders _____ Recreation _____

Subject: Christmas party - Election of officers

In religion two things should happen
Something should happen IN us,
and something should happen THROUGH us.
Joseph Fort Newton.

CALENDAR OF EVENTS

January	Program planning in clubs
February	4-H Seams and Finishes in clubs Lincoln's Birthday, 12; Founder's Day, 14 Washington's Birthday, 22
March	Less Known Cuts of Meat; LTM Greenlee March 9, Graham, 10 National 4-H Club Week, 6-14
April	Floor Finishes and Coverings, LTM Greenlee April 1; Graham, 2 <u>COUNTY HOMEMAKERS' COUNCIL</u> Greenlee April 13, Graham, 14 Easter, April 18
May	Health lesson in clubs National Home Demonstration Week Mother's Day - May 9, 4-H Sunday, 9 Memorial Day - 30
June	Easier Ways of Washing, Ironing, LTM Greenlee June 9; Graham, 10 4-H Roundup - June 1-5 COUNTRY LIFE CONFERENCE: Tucson, Ju. 14-17 Father's Day, June 20
July	Club picnics - Independence Day, July 4
August	4-H Camp; Leaders' Conference, Flagstaff
September	Better Dresses - LTM Week of Sept. 13th and 27th COUNTRY COUNCIL MEETINGS Greenlee Sept. 8, Graham - 9 4-H club achievements
October	- Better Dresses LTM Week of Oct. 11th (U.N. Day Oct. 24)
November	- Making Your Freezer Work for You State Fair Armistice Day 11 - Thanksgiving - 26
December	Christmas parties Election of officers

SCHEDULE OF HOMEMAKERS' MEETINGS

First and third Tuesday	Plantsite 2:00
Fourth Tuesday	Clifton 7:30
Second and Fourth Wednesday	York 2:00
Third Wednesday	Aravaipa 10:30
Fourth Wednesday	Safford 3:00
Third Thursday	Morenci 1:00
Third Friday	Eden 2:00
Fourth Friday	Thatcher 3:00

S O N G S

FOLLOW THE GLEAM

To the Knights in the days of old,
Keeping watch on the mountain height,
Came a vision of Holy Grail,
and a voice through the waiting night,
Follow, follow, follow the gleam,
Banners unfurled o'er all the world,
Follow, follow, follow the gleam
of the Chalice that is the Grail.

And we who would serve the King,
and Loyally him obey,
In the consecrate silence know
That the challenge still holds today,
Follow, follow, follow the gleam
Standards of worth, o'er all the earth,
Follow, follow, follow the gleam
Of the light that shall bring the dawn.

GOD BLESS AMERICA

God bless America, land that I love,
Stand beside her and guide her
Through the night with a light from above,
From the mountains to the prairies,
To the ocean, white with foam,
God Bless America, my home sweet home.

LOVELY EVENING

Oh, how lovely is the evening, is the evening,
When the bells are sweetly ringing, sweetly
ringing,
Ding, dong, ding, dong, ding, dong.

CLEMENTINE

In a cavern by a canyon,
Excavating for a mine,
Dwelt a miner, forty-niner,
And his daughter Clementine,

CHORUS:

Oh, my darling, O my darling,
Oh my darling, Clementine,
Thou art lost and gone forever,
Dreadful sorry, Clementine.

Light she was and like a fairy
And her shoes were number nine
Herring boxes without topses,
Sandals were for Clementine.

HAPPY DAYS

Happy days to all those that we love!
Happy days to all those that love us!
Happy days to all those that love them
that love those that love them that love
those that love us.

UPWARD TRAIL

We're on the upward trail. We're on the upward trail.

Singing, singing, ev'rybody singing, as we go!
We're on the upward trail! We're on the upward trail!

Singing, singing, ev'rybody singing, homeward bound!

AULD LANG SYNE

Should auld acquaintance be forgot, and never
bro't to mind

Should auld acquaintance be forgot, and days of
auld lang syne?

CHORUS:

For auld lang syne, my dear, for auld lang syne;
we'll tak' a cup o' kindness yet for auld lang syne.

And here's a hand, my trusty frien' and gie's a
hand o' thine;
we'll tak' a cup o' kindness yet, for auld lang syne.

SING YOUR WAY HOME

Sing your way home at the close of the day,
Sing your way home, drive the shadows away.
Smile ev'ry mile, for wherever you roam
It will brighten your road, it will lighten
your load, if you sing your way home.

STANDARD OF ACHIEVEMENT

(Requirements for Certificate of)

certificate of achievement will be granted by the Agricultural Extension Service of the University of Arizona to all clubs on application fulfilling at least 10 of the following conditions, the first 7 of which must be met:

- One meeting a month during the club year with a majority of the active members present
- Each member passing on to at least one non-member some definite information
- Appointed representatives attending at least 3/4 of all county meetings (such as the group training, county council, achievement days)
- Project leaders relaying the demonstrations set up in the club program to the group and sending the leader's report to the county office
- Letting others know what your club is doing by holding or taking part in a county or club achievement day, tour, or exhibit
- The secretary keeping satisfactory minutes and making necessary reports of membership, officers, project leaders and meetings to the county office as requested
- Business meeting according to order of business in the secretary's book for homemaker clubs

Select any 3 or more of the following:

8. Interesting parents in 4-H club work and offering your assistance in any activity suggested by the 4-H club leaders or agent
9. Have a health chairman who helps all families in the community to know sources of assistance and to secure publications on caring for or understanding personal and community health problems

10. Have a reporter who gets at least 2 stories of the club into the newspaper
11. Have a recreation leader, or separate game and song leaders who provide at least one form of recreation for each club meeting and assist with recreation at community good times sponsored by the club
12. Have one book review or reading a play
13. All meetings starting and ending on time

1954 CALENDAR

Jan. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Feb. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

Mar. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Apr. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

May 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

June 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

July 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Aug. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Sept. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Oct. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Nov. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Dec. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

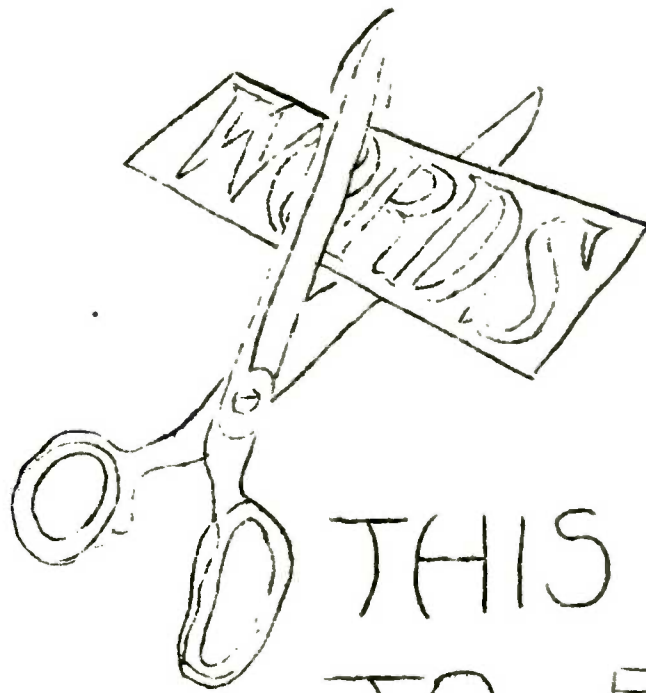
Safford

Agricultural Extension Service
Home Demonstration Work
County Agent Work

July 28, 1954

I WOULD LIKE TO

CUT



IN HALF
BUT
THIS ALL NEEDS
TO BE SAID

DEAR HOMEMAKER:

It is again time to think seriously of the things that you want in your program for 1955. Yes, it probably does seem early, but as you remember, I have been reminding you at every training meeting this year, that program planning is a year around job. As we studied the different phases of the program this year, and never felt there was enough time to cover the subject, we tried to think of some of the phases of that program that we could more thoroughly cover in the future.

Can you see that each lesson we have studied could well be made a lesson on work simplification, or one that we might relate to the heart program? As you work on making "Better Dresses" this Fall, I am sure you will find many helps that you would like to have more information on. The foods programs

have nicely followed along getting more protein into our diet and ways of preparation for the past two years. Your freezing lesson to come in November will give you many helps, but cannot thoroughly cover all that you will want help on. The insect control and other health lesson had this year did not answer all of your health problems, did they?

Can you see as we have made step by step progress through the past several years, that none of the subjects have been exhausted by any means? You were able to cover such a small phase of each topic. Please let's not hear anyone say "oh, we've had that", when we mention a broad field of study.

Council meeting in Greenlee County will be Wednesday, September 8. York hopes to have this meeting in their newly acquired Club House. The Graham County Council meeting will be Thursday, September 9. Times and places will be announced later. Everyone is invited to come and help with this planning. Greenlee County has only voting delegates from each club since the sizes of clubs vary so much.

You all did such a fine job of program planning last year that I am sure you can do even better this year. I was proud of the way each of the club representatives came to Council meeting knowing what their club members wanted them to suggest for the program for 1954, and the delegates voted for the subjects they thought their members wanted rather than what they themselves wanted. This meant to me that you had all followed suggestions. You had thought of what you wanted, you had had the opportunity to discuss programs at your club meeting, the President had seen that delegates were given some decisions according to club desires, and that delegates had come to council meeting "instructed" and they followed instructions to represent their club members.

Sincerely yours,

Virginia E. Twitty

VIRGINIA E. TWITTY
Home Demonstration Agent
Graham and Greenlee Counties

VET:lg

I think this year's program was, and is, a good one, but we haven't solved all of the problems that we had at the beginning. The following is a list of over-all topics from which you selected the lessons for this year. You may still want some of them.

Graham County
lg
July, 1954
cc: 185

CLOTHING

RECOMMENDATIONS

LESSONS - 1954

Graham County:

4-H Seams and Finishes
Little Boy's Pants
Little Girls' Dresses
Accessories
Making Better Dresses

4-H Seams and Finishes

Making Better Dresses

Greenlee County

Tailoring and Fitting
Better Dresses
Western Shirts
Mens' shorts and Pajamas
Children's Clothing
Judging of wearing apparel

Making Better Dresses

4-H Seams and Finishes
(basic seams and finishes
as in judging in Fairs)

FOODS

Graham County

Freezing foods
Adult party and cake decorations
Pasteurization of milk

Freezing foods

Less Known Cuts of Meat

Greenlee County

Freezing foods
Yeast Breads
Less Known Cuts of Meats
Better breakfasts

Freezing foods

Less Known Cuts of Meat

HOME MANAGEMENT

Graham County

Easier Washing and Ironing
Shadow boxes and cornices
Care of Floors and Floor Coverings
Refinishing furniture

Easier Washing and Ironing

Care of Floors and Floor
Coverings

Greenlee County

Money Management
Better Use of Kitchen Equipment
Easier Washing and Ironing
Easier ways of doing household tasks
Cleaning rugs and furniture

Easier Washing and Ironing

Care of Floors and Floor
Coverings

HEALTH

Graham County

Sex education
Insect control
Child psychology
Films (to be selected by clubs)

Insect control

Greenlee County

Films (to be selected by clubs)
Artificial respiration
What to do before the doctor comes
(legal and first aid)

Insect control
(some clubs had this)

The plan of each county having its own planning meeting to select topics of study, then have the two county programs coordinated into the same topics of study by a committee consisting of three appointed members from each county and the Home Demonstration Agent, seemed to work out very well last year and will probably be followed again. Very often the titles differ, but the wants of the two counties are very similar. Again we must learn to tie our requests to one or a few things that can be covered, rather than to generalize and not be able to get what we want into the lesson.

You can see how many of these subjects can be expanded or how you can follow up and make this year's program stronger by having additional information on some of the same topics.

Clothing

The price of clothing has gone down some, and the competitive market makes much better values available, but it takes the knowledge of good buymanship to make the most of this opportunity. Women should become better acquainted with the changes in wool products labeling act - The Flammable Fabrics Act - that became effective July 1, 1954. The Federal Trade Ruling on labeling of Rayon and Acetate is important to know. Synthetics are becoming more available with more and more blending of the various fibers. This means that more needs to be known about the blending as related to care.

Construction of clothing will remain one of the important phases of home-making, but there are some items of clothing that can be purchased inexpensively. You will need to know more of the economy of home construction.

You may want to learn something of selection or making accessories to go with those better dresses to be made this Fall. Good grooming is always high on the list of importance for the entire family.

Buymanship:

1. Do you have clothing in your closet that you don't like and hate to wear? Why?
2. Do you know what and where to look for good construction in ready-to-wear?
3. Do you seem never to have the right clothes for the right place. Do you plan your wardrobe?

Construction:

1. What is your major difficulty when making your own clothing?
2. Are you interested in saving time when sewing?
3. Can you do decorative details and finishes that give that expensive look to garments?

Health and Comfort:

1. Are your home made house dresses comfortable and do they wear well?
2. Do your feet hurt? Do you have difficulty in finding shoes to fit?

Equipment:

1. Do you know how to clean and adjust your sewing machine?
2. If you dry clean at home, do you do it safely?
3. Do you have good equipment and a place to sew?

Foods

Twenty-seven cents out of every dollar of disposable income is spent for food.

People are eating more dairy products, eggs, and processed fruits and vegetables and less cereal products and potatoes.

Recent studies show shortages of milk, for calcium; of vitamin C rich foods such as tomatoes, citrus fruits, and cabbage; of green and yellow vegetables for vitamin A. Women of child-bearing age and adolescent girls rate the poorest diets in the United States.

The evidence at this time indicates that diet, if anything, is more important than cleanliness in the care of teeth.

Findings from a cross-section sampling survey conducted in seven counties of the state during 1950 show that out of 3303 school children examined more than 2400 or 72.7 percent were found in need of a trip to the dentist.

Health and Nutrition

1. Are your food habits good? Are the food habits of the
2. Are school children getting balanced lunches? Are you planning your other meals to fit with the school lunches for a balanced day's meals
3. Could milk dispensers replace soft drink dispensers in schools?
4. Are the young mothers of your community getting the proper nutrition information to properly feed their families. You might help to see that they come to your homemaker meetings.

The How and Why of Cookery:

1. Are homemakers using time-saving equipment such as pressure sauce pans?
2. Do homemakers in your community buy only enriched flour and bread products or whole grain?

Buymanship:

1. Is meat bought by grade? Is it prepared according to tender or less tender cuts?
2. Do homemakers know that packages of frozen foods have been reduced from 16 to 12 ounces?

Home Management:

We usually assume, in the past few years, that homemakers have supplied themselves with adequate equipment, but each year we find that homemakers are "getting by" with equipment that is not as efficient as it should be. These are not always the large investments either. This situation is partly due to lack of knowledge in selection of proper equipment for the job.

Family funds may be tightening up, but there is still a goodly supply of household equipment and furnishings available. Competition is providing some good buys.

Homemakers should recognize that they are in a favorable position on a buyer's market, but the challenge is greater than ever to know quality in merchandise and to buy for basic values. The lower the income the greater the need to avoid "high style" items being pushed by high pressure salesmanship. Is buymanship your problem?

Consider these questions in program planning:

Help Yourself to Easier Housework:

1. Can you do something about the jobs you dislike around the house?
2. What is your greatest difficulty - Time? - Strength? - Equipment?
3. How about fatigue? Can you locate the reason? Can you solve it?
4. Does your home need new, efficient small tools? Do you know which ones to buy?

Money:

1. If money gets scarce this year, where is the best place for you to tighten up family spending?
2. Would a spending plan help?

House Furnishing:

1. Do family or other people come first in your furnishing plans?
2. What needs attention in your house? - Walls? Floors? Windows? Color? Lighting?
3. Do you find the new house furnishing fabrics and surfaces a buymanship problem?
4. What family home crafts and skills could be used to improve the house?

HEALTH: COMMUNITY ACTIVITIES: 4-H CLUBS, ETC.:

Yours can be a powerful group in assisting the community with its problems. Your lessons and studies, recreation, sponsorship, etc., need not be confined to your club and its members. Those not in organized groups are probably in need of some of the helps offered more than are club members.

The most satisfaction is derived from any task when we have helped someone else who is in need.

Consider your problems then see if they are a community problem. If they are, then it is time to do something about them.

Graham County

lg

July, 1954

cc: 175

News

Safford

LUCILE YOUNG

Republic State Correspondent

SAFFORD — The Safford Kiwanis Club will again sponsor the annual March of Dimes radio auction. The first auction was held yesterday over Radio Station KGLU in Safford.

The program will continue for several nights.

The Mother's March on Polio in Graham County will be Feb. 1. Workers have been appointed throughout the entire valley.

Mr. and Mrs. Norman Welker, who purchased the Fuller farm and home in Safford, will be moved into their new home and settled very shortly.

Marian Sherman, daughter of Mr. and Mrs. Ralph Sherman of Safford, will enter the University of Arizona this semester. Miss Sherman recently returned from an armed services assignment in Alaska.

Mrs. Shirley Brock of Long Beach, Calif. is the guest of Mr. and Mrs. Thomas S. Shiya in Safford.

HOMEMAKERS PLAN LEADER TRAINING

Graham and Greenlee County Homemakers, officers and leaders will learn more about running their clubs at a training meeting, Wednesday, Jan. 27, in the Safford Methodist Church.

All officers and leaders from the two counties are invited to come to this meeting, where they will get specific help for their job. This is the third year for such a meeting of the two counties, and the women look forward to it each year.

Presidents and vice - presidents will discuss their duties with Mrs. Flora Munkres, of Morenci, leading the discussion. Secretaries and treasurers will be given help on their duties by the Home Demonstration Agent, Virginia Twitty. Miss Jo Perril, woman's editor of Arizona Farmer, will be able to give reporters some first-hand information on publicizing activities of their clubs.

Births in the Safford Inn Hospital this past week include a daughter to Mr. and Mrs. Reed W. Ellsworth, Safford; a son to Mr. and Mrs. Arden J. Palmer, Thatcher; a daughter to Mr. and Mrs. Orville W. Decker, Safford; a son to Mr. and Mrs. George Ruiz, Safford; a son to Mr. and Mrs. Kennedy Curtis, Thatcher; a son to Mr. and Mrs. Carol Lamar Curtis, Thatcher; a son to Mr. and Mrs. Edward Rivas, Safford; a son to Mr. and Mrs. Phil Bryant, Eden; a daughter to Mr. and Mrs. Gene Howard, Thatcher.

Graham and Greenlee County Homemakers, officers, and leaders will hold a training meeting on Wednesday in the Safford Methodist Church.

Presidents and vice presidents will discuss their duties with Mrs. Flora Munkres, of Morenci, leading the discussion. Secretaries and treasurers will be given help on their duties by Virginia Twitty, home demonstration agent, Joe Perril, woman's editor of Arizona Farmer, will give reporters some first-hand information on publicizing activities of their clubs.

Mrs. M. T. Sandeno has been elected vice president of the Safford PTA. She succeeds Mrs. Bruce Robertson, now president who filled the vacancy created when Mrs. W. F. Lieurance moved to Tucson.

Charles T. Roten, formerly of San Francisco, has become an associate partner of LaVor Reed of Safford in the Graham County Credit Bureau. Roten, a native Arizonan, was born and educated in Douglas and attended the University of Arizona. Also he has

OFFICERS AND LEADERS

TRAINING

The Arizona Homemaker



JO PERRILL

TRAINING MEETING FOR GRAHAM HOMEMAKERS

Over Two Dozen Women Meet in Safford to Listen, Learn
And Lend a Hand in Preparing Officers and Leaders



This picture, taken at the morning session of the Graham training meeting, includes the following women, but not necessarily in order: Mrs. Ruth Harrison, Mrs. Olivia Dunlap, Mrs. Flora Munkres, Mrs. Lucy Campbell, Mrs. Ara Riley, Mrs. Virginia Patten, Mrs. Louise Taylor, Mrs. Shirley Moore, all of Morenci; Mrs. Francelle Ledford and Mrs. Carhelle Ross, both of Clifton; Mrs. Lamar Kempton of Eden; Mrs. Marie Glenn, Mrs. Melva Mullenau, Mrs. Belle Bryce, Mrs. Gertrude Painter, Mrs. Evelyn Hughes, Mrs. Leola Lundell, all of Thatcher; Mrs. Margie Boren, Mrs. Irene Andrews, Mrs. Toni O'Hanlon, Mrs. Thelma Jean Miller, Mrs. Helen Peters, all of Plantsite.

WHEN HOMEMAKER Club Officers and project leaders in Graham County put their heads together, they found that answers to their problems usually could be evolved by themselves, although on occasion they asked the experienced Extension Service advice of Virginia Twitty, county home demonstration agent.

About 25 of the Graham County women met Wednesday, Jan. 27, for an all-day training session in the educational building of the First Methodist Church in Safford. The morning was devoted to officer training; the afternoon meeting to the problems of project leaders.

Mrs. Belle Bryce, County Council president, spoke briefly on the duties of club presidents to project leaders, and the other way around too.

She advised that presidents, for instance, be sure that meetings begin at the scheduled time; that they allow sufficient time for project leaders to make a full presentation and that they remember to say, "Thank you," when the demonstrations were over. She suggested that it is advisable for presidents and project leaders to confer ahead of the meeting on the time needed for each demonstration and any special requirements the leaders might have in mind.

In order for a project leader to tell her president how much time will be required, Mrs. Bryce pointed out, she must first have practiced her demonstration or lesson and have timed it. It is also advisable to practice demonstrations, she said, in order for the project leader to give the members as much information as possible in the allotted time.

"Project leaders at their training meetings," she said, "always get a lot more out of them than they can possibly bring back to their clubs. So it's up to each one to study what her club needs and can make best use of, and then practice her demonstration with that in mind."

In conclusion she said: "If the project leaders put forth all they can, they're bound to get some of it across. And one more thing for

project leaders — let the members take part. Remember, the more they do, the more they get out of it."

For the rest of the morning meeting those present divided into officer training groups. Your reporter met with the club reporters and "assorted miscellaneous," and therefore can not summarize the results of the other meetings.

Recommended

The reporters' group, after much earnest discussion, arrived at one concrete recommendation: At registration in the beginning of the year each Homemaker Club member should sign both her own first name and also her husband's name, for instance: Mrs. Sophronia (Ebenezer) Tutwittle, or Mrs. Ebenezer (Sophronia) Tutwittle. Such registration not only would help the reporters in preparing meetings news for the local

papers, but also would help the club officers and the hda when there are phone calls to be made and letters to be sent out.

Following the officer group meetings, the Graham County training session adjourned for lunch and convened again an hour later.

At that time the training program began for project leaders — those women who attend training sessions regularly given by Extension Service specialists and the home demonstration agents, and who then in turn train their own club members.

Up for discussion at the meeting were such problems as: Who pays for the demonstration material; how much time should be given the project leaders at club meetings; how best can a leader present the ma-

(Please Turn to Page 47)

COWBELLE STATE OFFICERS



New officers for Arizona Cowbells, who met in conjunction with the annual Arizona Cattle Growers convention in Tucson, are: (standing) Mrs. Joe Clinton, Hereford, first vice-president; Mrs. Harry Knight, Yuma, second vice-president; Mrs. Leonard Neal, Kingman, third vice-president; (seated) Mrs. Mosby Wilkerson, Clifton, secretary; Mrs. Jesse Stacy, Clifton, president. Outgoing president was Mrs. Norman Fain, Prescott. Approximately 300 members in ten county units in Arizona belong to the Cowbelle organization to promote friendship and better understanding among cattle people and their neighbors. Special Cowbelle projects, on a statewide basis, include contributions to Arizona Boys Ranch, Florence Crittendon Home and the Fort Grant Industrial School for Boys.

Training Meeting

(Continued from Page 40)

terial; how can two project leaders work best together?

After a brief discussion, it was clear that most club members present were generally agreed that one hour was the approximate time that should be left open at a club meeting for the project leader, and that occasionally the time will be an hour and a half, and sometimes only half an hour.

Get In and Pitch

Participation on the part of club members during project leader demonstrations was strongly urged. "If you actually do it," said one, "then you'll be sure to remember it." There was general agreement on this, but one of the drawbacks pointed out was that if members are put to work on portions of the demonstration, then they are apt to miss everything except that small portion they work on. One suggested solution was that the project leader be prepared at intervals to bring the work to a stop briefly in order to tell everyone what each group is doing and why.

Those present also indicated, by keeping the discussion centered on project leader demonstrations, that members prefer that method of presentation whenever possible rather than an unillustrated talk.

Discussion also produced the agreement that project leaders who attend training sessions in pairs should present their material together, and should work together enough ahead of time so that each makes good use of the demonstration time. It was agreed that occasionally project leaders are not able to practice together ahead of time, but the consensus was that they still should manage at least to plan the demonstration so that they will not duplicate each other too much and so that one will not have the major burden of preparation and presentation.



Graham County Guardian

GILA VALLEY FARMER

SECTION TWO

FRIDAY, APRIL 30, 1954

PAGE FIVE

National Home Demonstration Week May 2-8

"Today's Home Builds Tomorrow's World" has been the central theme for Home Demonstration work since 1946, the beginning of the observance of National Home Demonstration Week.

Homemakers in Graham County work the year around for making their family life happier and healthier through the studies of improved homemaking practices in foods, clothing, home management, health, recreation, and community activities.

Clubs of homemakers in the various communities will observe National Home Demonstration Week this year May 2-8. A window display of county activities will be in the J. C. Penney Store in Safford. The County Council officers and home demonstration agent will give more information on the weekly radio program May 8th at 1 p. m. National and local radio and newspaper publicity will be given to the work being done by these women.

Graham and Greenlee county homemakers will get together for a picnic and social good time in Firth Park in Safford, Thursday, April 29. This event will serve to get the women better acquainted, and to enjoy a good time while doing it.

For more information concerning this home demonstration program and these special activities call the home demonstration agent, Miss Virginia E. Twitty, at 150 Safford or come into the office in the courthouse.

ORGANIZATION AND PLANNING

THATCHER HOMEMAKERS' CLUB

Kitchen Band



GRAHAM AND GREENLEE HOMEMAKER'S PICNIC

April 29, 1954



The Arizona Homemaker

MANY YEARS OF PLANNING

The Kemptons fit into the Extension program in many ways

The Lamar Kempton family of Eden Has a New Home — With Lots of Unusual Features — Finds Time for Plenty of Community Activities

MONTH after month, year after year, Lamar and Lois Kempton clipped magazine articles, studied floor plans, poured over bulletins, saving everything until they had a drawerful of dreams. Then they built their new home out Eden way in Graham County.

The floor plan itself is not unusual—a big living room back to back with a large kitchen and a utility room; on the left a hallway, three bedrooms and the bath; on the right the carport and den. But the home is jam-packed with special features—and full of their own special

Lamar and Lois Kempton are two of the most outstanding 4-H leaders in the State, he now in his seventh year and she in her fifth with the Eden Community Club.

In reference to 4-H work, Mrs. Kempton had this to say: "We both enjoy working with kids, and there are two of our own in the club.

"Our main problem right now is funny books—or what they call funny books. Before every meeting I take every one that's in the house and put them out of sight.

"As for leadership, you've got to enjoy it and you do have to know a little about what you're talking about. The second year is the hardest. The first year you're so green you don't know you don't know anything, but after county meetings and 4-H Roundup you see how well your club members did or didn't do. Then you realize how much you should have taught them. Leader training really helps, and if you just go on after that second year, it's lots of fun and lots easier.

"Four-H work does keep you going in circles, but we both say we enjoy it. I guess we couldn't quit!"

ideas on just how they wanted it to be. Except for one item. "I wish I had an outside door convenient to the kitchen," says Mrs. Kempton. But she quickly adds, "We're very well satisfied with everything."

On a tour through the home, most noticeable feature is the seemingly vast amount of storage space. Even so, Lois Kempton says, it isn't quite enough, and she asks, "Does any woman ever have too many cupboards, closets and shelves?"

In the living room on either side of the fireplace are built-in blonde mahogany closed cupboards, waist high. The first cupboard is for school books. Next comes 4-H material, then LDS Relief Society items, an encyclopedia set, a place for magazines, one for linens and then "hobby space."

Ask Mrs. Kempton about her hobbies and she'll tell you: "Whatever I can find time to do." Latest is ceramic work, and on the fireplace mantle is a set of Aberdeen-Angus cattle models which she made. Another recent hobby is textile painting.

Speaking of the fireplace, it was the result of a "trade." Lois says, "We use it constantly now, even though Lamar asked at first why bother to have a fireplace. All my life I've wanted one, and so he gave

(Please Turn to Page 32)



Mrs. Kempton and young Rodney in the living room of the new home.

COWBELLES CAMPAIGN

Years of Planning

(Continued from Page 28)

fireplace so he could have
—and we're both happy."

Doors and Drawers

now to the storage space
in the house. In the kit-
besides ample cupboard space
at the sink, refrigerator and
space, there are two small

members of the Kempton fam-
besides Lamar and Lois, are
now serving in the Air
15-year-old Lorraine, 13-
old Gene, 8-year-old Bob,
old Marla and 2-year-old
7.

hole cupboards" on either
the stove. After the fireplace
in on the other side of the
there was some "waste space"
the carpenter put it to use.
ing, cereals, salt and pepper
there.

utility room, next to the
there's a closet. "That,"
"is for everything. Every-
a Fibber closet and that's

unusual — and most neces-
sary to the gal who ought
—closet space in the Kemp-

Kempton says, "We haven't
yet to get the furniture we
for the whole house. It's going
quite interesting to see if we
did everything we want before
have to start replacing."

scaping hasn't begun either
there is a real difficulty be-
of the water. Saltiest in Ari-
so the folks around there
At present the Kemptons haul
cooking and drinking water
in Pima and it looks as if they
continue indefinitely. There is
in back, and three water
in the kitchen — one for hot



► This is the "waste space" in the kitchen that turned out not to be. Mrs. Kempton keeps cereals and seasonings here.

ton home is the sewing closet in the
hall. "I got the idea from the model

salty water, one for cold salty water
and one for "real water."

Just what shrubbery will be poss-
ble around the home hasn't yet been
determined but 4-H members Lo-
raine and Gene plan to take home
beautification as a project together
and you can be sure that they will
work out something.

The Kemptons aren't going to let
difficulties stop them! —Jo.

home at the Experiment Station at
Safford," says Lois. "Everything
that needs mending goes in there,
and I keep all my sewing equipment
there so I know just where the extra
buttons are and the right-color
thread, the needles and pins and
scissors and so on."

She also adds that pamphlets from
the Agricultural Extension Service
office in Safford helped "jell" her
ideas on just what shelves she want-
ed in the sewing closet and how far
apart they should be.

There's more linen space in the
hall too, and shelf space for the
baby's things, since young Rodney
doesn't rate room in a bedroom closet
just yet. Under the shelves, waist-
high, is what the family calls "the
breadboard in the hall," a sorting
board.

Completing storage space in the
hall is a cedar-lined closet.

Special for Marla

The bedroom closets are extra-
large, with sliding doors and plenty
of top shelf space. In the girls' room
six-year-old Marla has one side of
a closet with adjustable racks that
can be raised every few years as
she grows up.

A final note on storage space: Be-
tween the kitchen and the den, fac-
ing the carport, is still another
closet!

Now, having surveyed closets and
cupboards, let's take a look at the
home. It's of cement block construc-
tion, painted an attractive blue-
green outside, with cement floors.
The living room is wood-paneled on
the fireplace side, with the two out-
side walls of cement-block rough
texture and the fourth wall plas-
tered. All of the outside walls of the
rooms were left with the cement
block texture, with the inner walls
plastered.

In the big kitchen there's a din-
ing area, somewhat separated from
the "working area." Kitchen fea-
tures include window above the sink
overlooking the entire back yard, a
lazy susan in one corner of the room
for dishes, a metal-lined flour draw-
er.

In the utility room, there is the
built-in ironing board, and a set
tub — the most useful and conven-
ient thing in the entire home says
Lois — "perhaps." Also there is a
half-bath off the utility room. In it
there is a big sliding drawer for dirty
clothes so they can be deposited
from there or from the bathroom
on the other side.

The Race Is On

Lamar's den on the other side of
the house isn't quite completed yet,
nor furnished. As a matter of fact,

LOCAL HOMEMAKER CLUB REPORTS



SEC. THREE

FRIDAY, JULY 2, 1954

PAGE NINE

Eden

Mrs. Charlotta Douglas made a business trip to Phoenix one day last week. She accompanied her parents, Mr. and Mrs. Ira Hancock of Pima.

Mrs. Hannah Kempton has returned home after spending the past month in Phoenix and California visiting relatives and friends. She visited her daughter and family, Mr. and Mrs. Jeff Perkins in Phoenix, and son and family, Mr. and Mrs. Grant Kempton in Eloy.

Mr. and Mrs. Marion Thatcher of Chandler were here last week visiting relatives and friends. They attended the wedding reception for Mr. and Mrs. Howard Williams held here Friday evening.

Miss Deborah Marshall of Tucson spent last week here visiting her grandparents, Mr. and Mrs. Burns Marshall.

Miss Dona Johnson has returned to her home after spending the past week here visiting her grandparents, Mr. and Mrs. Delbert Hancock.

Mr. Gene Kempton is spending a week at the scout camp at Snow Flat on Mt. Graham.

Mr. and Mrs. Delbert Hancock and Mr. and Mrs. Lloyd Kempton and two daughters, Karen and Sylvia Lynne, of Eden and Miss Donna Johnson made a business trip to Aravapai Canyon last week. While there they enjoyed a picnic lunch.

Mr. and Mrs. Howard Williams have returned to their home in Provo, Utah, after spending a week here visiting her parents, Mr. and Mrs. William Carpenter, and other relatives and friends

here and in other parts of the valley.

Mr. and Mrs. Lamar Kempton and family motored to Snow Flat on Mt. Graham Sunday afternoon where they attended the program of the boy scouts and where they received awards.

Pvt. Marland Norton who is in the United States Army stationed in Ft. Bliss, Texas, spent the weekend in the valley visiting relatives and friends.

The Eden Home Makers meeting of the month was held here last Friday at the home of Mrs. Maybell Carpenter. A lesson was given on the subject of Easie ways of washing and ironing, after which refreshments of cake and punch were served. Those present were Bertha Christensen, Charlotta Douglas, Annie Christensen, Lois Kempton and Maybell Carpenter of Eden and Nioami Foster of Pima.

FRIDAY, MARCH 19, 1954

HOMEMAKERS' CLUB HOLDS MEETING

The Thatcher Homemakers held their March meeting at the home of Melva Mullenau Friday at 3:00. Melva called the meeting to order. Marie Glenn read the minutes of the last meeting, and roll call was answered by each member with their favorite meat dish.

The lesson on less known cuts of meat was given by Etta Smith and Ruby Green. They were shown how to cut up a kidney for a beef and kidney pie, how to cut a stuffed heart for serving and how to fix brains for frying. Etta also showed us different inspection slips found on meat.

Patsy Hunt and Evelyn Sutherland, from Mrs. Paul Winklers 4-H cooking club, demonstrated how to make carrot curls and ribbons,

scored cucumbers and radish-roses.

The meeting adjourned at 5:00 o'clock. Next meeting will be at Evelyn Hughes on April 9.

III. Project Activities and Results

B. House and Furnishings

Seven leaders from homemaker clubs and two L.D.S. groups were given training on the care of floors and floor coverings. Included in this lesson was the cleaning and waxing of hard surface floor coverings based on tests made of the different types. Acid, oil and abrasive tests were made on rubber asphalt,, and vinyl plastic as well as on linoleum tile. The women made these tests and thus were able to determine the care for each type of floor covering, as well as the selection for various uses.

A kit of materials and samples of the various floor coverings were furnished each leader for relaying the lesson to their members. Reports indicate very fine results and much interest among groups for this lesson. Fort Thomas, Safford, and Pima Relief Society workers came directly to the office for information concerning the above lessons. They were furnished copies of the material and given helpful information by the Agent. Their lessons for the month included buying and caring for carpets. It is unfortunate that they do not get interested in coming to the leader training meetings, as they were notified of them. Miss Grace Ryan, Home Management Specialist, who gave the lessons on care of floors and floor coverings, assisted the Agent in presenting a radio program on the same subject.

Reports from Home Furnishing Leaders Who Presented lessons, indicate the following Results

Only 2 clubs reporting

	<u>Members</u>	<u>Neighbors or Others</u>
Number using buying information	0	0
Number reporting use of improved:		
Cleaning supplies	0	0
Cleaning methods	0	0
Number that restored old floor surface coverings by better methods	0	0
Number who cleaned a rug or carpet by the foam method	0	0

A call came from the daughter of one of the Home Furnishing Leaders who had used the foam method of cleaning her carpet. She reported unsatisfactory results which left spots. The Agent made a visit to the home at which time she checked the water for hardness and made up the soap foam according to directions. Mrs. Porter had not been able to get a dry foam, thus the moisture had gone into her carpet and may have caused damage from the color brought up from the pad or backing. She had done only a small spot and will be able to satisfactorily clean the rest of the carpet.

Mrs. Porter was also given assistance with plans for remodeling and re-arranging her kitchen and bath room. The home is a rather old one and was poorly planned in the beginning. The Porter family have had to enlarge their house to fit their needs and it will need quite a lot of thought before changes are made. Several re-arrangements were suggested for the kitchen, and some plans and bulletins were furnished.

The Home Demonstration Agent's part of one of the weekly radio programs was devoted to information in the recent bulletin on blanket washing and moth proofing with EQ-53. The EQ-53 has been supplied by the Pima Drug Store. To date neither of the Safford druggists have secured it.

Three homemaker clubs and three L.D.S. Relief Societies were represented at the leader training meeting "Easier Washing and Ironing" in Graham County.

In preparation for the lesson which the agent gave the leaders, she made visits to ten places of business to find the laundry supplies and equipment that were available. Very few of the really best type articles were found. Only one store in the ten had laundry carts with a wheel that was large enough to be of much value, for out-of-door use. Most of the stores did have at least one kind of ironing board that was adjustable. The Proctor, Ridgid, Metal-Top were the desirable boards found. Sears Roebuck reported that they have a very fine adjustable board, but did not have it in stock. These places of business did not carry the pads and covers suited to each ironing board, however. Some small equipment was purchased for the kits to be used by the leaders, but for the most part, equipment was borrowed from businesses or furnished by the Home Demonstration Agent.

Laundry steps and suggestions for time and energy saving were compiled by the Agent with the assistance given by Miss Grace Ryan, Home Management Specialist. Mimeographed copies of this material, water testing method, proportions for softening water, as well as a long list of methods for stain removal were furnished for each leader to give to members of her club.

In the leader training meetings the first step was to test samples of water brought by the leader. Each leader then figured the amount of softener needed for her particular water, and the softener was added. A sample of softened and unsoftened water was compared "by feel" by all present. The leaders were very surprised that they were able to feel the difference in the water after this process. The main points for saving time and energy were discussed bringing out the many contributions offered by the leaders.

After noon, the step by step process of stain removal, mending, sorting, soaking, washing, wringing, hanging, removing from the line, folding, sprinkling, and getting ready to iron was followed through, with clothing and articles of equipment taken for the meeting. During the sorting process leaders were given opportunity to suggest their methods of dividing the clothes as it would be done in their family wash. During the afternoon period each leader was asked to show her method of sprinkling clothes for ironing with the sprinkling equipment that she had been asked to bring to the meeting. Most of the women use a bottle or jar with a sprinkler top or holes punched in the jar lid, but some used their hand dipping the water from the bowl, and one used a vegetable brush for sprinkling.

COOPERATIVE EXTENSION WORK
in
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Duncan

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

HARD SURFACE COVERINGS IN YOUR KITCHEN

Compiled by
Grace Ryan

FLOOR COVERINGS

Floor coverings take a large slice from the furnishing budget. You will not want to change them often. For this reason weigh their value and their use carefully. Select only after you have "shopped around" to get a knowledge of the market with its excellent offerings of several types of coverings in good design and color.

Even before you go shopping ask yourself these questions:

What service should I get from a covering for a kitchen floor?
What colors should I choose?
What design is good?
How long will certain kinds last?
What care will coverings need?

These questions will make you examine all coverings carefully in the shops.

Good Floor Coverings Have Certain Qualities

Good coverings have dependable qualities. One is "resiliency." This means "spring" or "give". A floor covering with this quality is more comfortable to walk on and stand on.

Let's consider another quality. Is the covering "quiet?" Noise makes a difference in a busy and much-used room.

How about "color?" And "design?" Both are subject to your choice. Select "color" in harmony with the color plan of the whole room. Dark plain colors show foot prints.

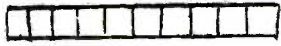
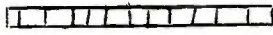

Simple designs are best. Select a size of pattern in proportion to the size of the room.

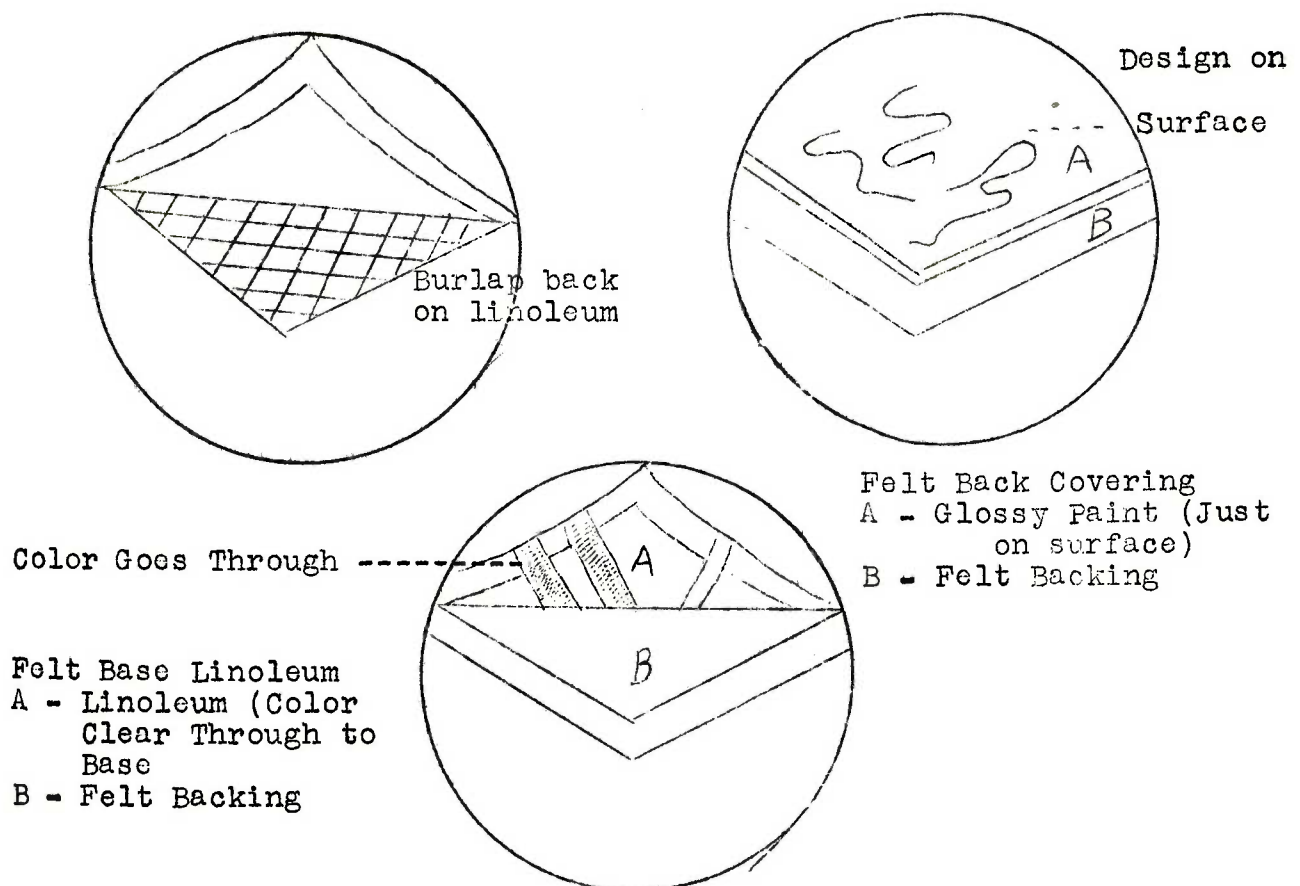
A good floor covering must be easy to "clean". Check on this quality carefully. It governs labor and time for you.

Today's Floor Coverings Compared

Learn the types or kinds by names and behavior. Then you can select as you wish not as someone else suggests. The following table names the chief kinds and some of their characteristics.

NAMES	KINDS	QUALITIES	COST
Linoleum Heavy Standard Light	<u>Plain</u> -1/8" <u>Jaspe</u> -3/32 <u>Marbelized</u> -1/16 <u>Inlaid</u>	Comfortable to stand on. Water resistant, except in pools of water left on in cleaning. Long life (with care). Injured by caustic and gritty cleaners; by heavy furniture; by laying direct on cement or rough board floor	Moderate Price
Felt Base Linoleum (Trade name "Lin-O-Floor")		Made on felt instead of bur-lap; comfortable to stand on; pattern lasting; smooth surface; water resistant in average amount; resists acid and alkaline stains; injured by uneven boards or direct cement contact.	Between felt-base & standard linoleum price
Felt Base	<u>Enameled Synthetic</u>	Reasonably springy; water resistant; enamel wears off; cracks over uneven floors; resists acid and alkali. Costs less than linoleum but wears less well. Comes in rolls or rugs.	Inexpensive
Asphalt Tile 1/8" & 1/16" blocks	<u>Grease-proof Standard</u>	Harder than other coverings; noisier; not as comfortable. Durable; water resistant; fire resistant. Injured by greasy cleaners; by heavy furniture. Some grades are brittle; some "curl" and come loose in spots; alkali resistant colors; good on concrete.	4 price groups (A-B-C-D) C & D light colors & higher; A & B dark colors. In price range of good linoleum.
Rubber Tile		Very elastic; good colors; long wearing; does not dent; fire resistant. Cracks in non-use or dry areas; sensitive to alkalis and grease. Easy to cut and fit. Use only on ventilated concrete.	Expensive
Plastic Tile (Veneer & solid)	Vinylite	Light; thin; tough; high gloss; stain resistant. Some types shrink. Easy to care for.	Fluctuating (it's new) Expensive

Thickness of Household Linoleum	
	Heavy Gauge - 1/8"
	Standard Gauge - 3/32"
	Light Gauge - 1/16"



Care of Kitchen Floors

Certain methods of cleaning apply to all floor coverings and finishes but each type of covering may require special handling during the final cleaning stages.

Compare the types given in the chart below. You will notice no comment on plastic tile. It is so new on the market that rules have not yet been set down for its care,

Methods	Lino-leum	Felt Base	Asphalt Tile	Rubber Tile	Paint, Enamel Plastic coats	Wood
Sweep	x	x	x	x	x	x
Remove grease spots	x	x	x	x	x	x
Wash	x	x	x	x	x	x
Use little water	x	x	x	x	Not harmful	Not harmful
Use mild soap	x	x	x	NO	x	All purpose soap
Use synthetic detergent	May	May	Not recommended	NO	x	All purpose detergent
Alkaline gritty powder	No	No	No	No	x	No
Oily Cleaners	No	NO	No	No	May	May
Rinse Well	x	x	x	x	x	x
Dry Well	x	x	x	x	x	x
Use dry dust mop	x	x	x	x	Dry or oiled	If wood is waxed
Lacquer finish Shellac Plastic	No	No	No	No	No	No
Water base wax	Little	Little	x	x	x	x
Oil-base wax	No	No	No	No	x	x
Paste Wax	No	No	No	No	x	x
Protect with gliders	x	x	x	x	May	May
Use manufacturers' cleaner			x	x	x	Not necessary

x - recommended use or "yes"

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
TUCSON

University of Arizona
College of Agriculture and
U. S. Department of Agriculture
Cooperating

Agricultural Extension Service

CLEANING CARPETS

Compiled by
Grace Ryan

* BE CAUTIOUS WHEN CLEANING *

- * 1. Read labels and follow directions. *
- * 2. Work out of doors with small rugs, or with windows open when working inside. *
- * 3. Work with no flame burning in any appliance in the house. *

* Do avoid inhaling fumes. *

* Do work from outer edge of spot toward center. *

* Do vacuum or clean dust out of the body of carpet first. *

* Do use clean, slightly dampened cloths. *

* Do avoid large quantities of cleaner. *

* Do clean only small "blocks" (about 1½ feet) at a time and "lap" your
cleaning edges. *

* Do use a medicine dropper to put fluids on spots. *

WHAT IS CARPETING MADE OF?

In considering the cleaning of floor coverings we must remember that they are made of fibers of various kinds, plus backing threads, plus dyes. All of these items influence the way in which the cleaning must be done.

The fibers used may be wool, cotton, rayon, and vegetable fibers such as linen, jute, ramie, hemp, and the newer man-made fibers.

Carpeting may be made of a single kind of fiber or of mixtures of those mentioned. In recent years, plastic substances have been applied to backing yarns, both to strengthen them and make them "skid-proof".

WHAT ARE THE RULES FOR CARPET CARE?

Know how fibers differ in needed care.

Know what kinds of dirt lodge in floor coverings.

Know where dirt lodges.

Investigate kinds of cleaners.

HM-1114
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200 c.

WHAT TOOLS HELP IN CLEANING?

Vacuum cleaners.
Sweepers.
Brooms.
Brushes.
Solutions and powders.

WHAT KINDS OF CLEANING AND CARE ARE IMPORTANT?

Daily care.
Surface brightening.
Professional cleaning.
First-aid treatment.

You can do daily cleaning, surface brightening, and can give first-aid treatment. Call in professional cleaners for special jobs. The following suggestions are practical.

Daily Care

How much care do your floor coverings need daily? Each house has its own cleaning problems depending upon the number of persons "tramping over" the floors each day. Daily care depends, too, upon the kind of coverings. Some absorb dirt readily, some shed it.

You will need some tool to reach into the pile (or twist) of carpet and between the flat threads. The tool must lift or beat the dirt. Make up your mind about what tool will handle your particular cleaning job, then look to the way it is built for an answer to your questions.

Brightening the Surface

Even the best cared for carpet gets dull from the dust film that settles. Here are a few suggestions for surface brightening.

1. Sponge the pile surface with a liquid cleaner. You may choose a dry cleaning fluid or one of the synthetic detergents diluted with water.
2. If you prefer, use absorbent powder cleaners. These may be safer in the hands of an amateur cleaner because powder does not leave any "rings" or marks.
3. Clean with a soap foam.

First-Aid Cleaning

Every household has carpet accidents to handle. A bottle of nail polish topples over; someone spills ink, shoe polish, food, what-not, on a rug. What will you do?

First of all - act quickly. Spots "settle into" rugs and carpets and become stubborn stains.

Blot up the extra material with a soft cloth, dampened with water, or blot with a white blotter. Or a Turkish towel!

Scrape up any semi-solids. Raise the rug to let air to the back.

Study the Stain

Now begin to study the stain. The following probably should go to the cleaners.

Permanent Ink	Artificially colored drinks
Dye	Paint
Shoe Polish	Varnish
Mercurochrome	Shellac
	Furniture Polish (colored)

What Stains can be safely Handled at Home?

You may safely work on the stains listed here:

Blood	Oil and Grease
Nail Enamel	Iodine
Pet Stains	Punch and uncolored beverages
Candy	Chewing Gum
Average foods	Ball-point ink

The methods described are not those used by commercial rug cleaners who use specialized methods based on textile chemistry. But speed counts in emergency treatment of stains, so there may be no time to call the cleaner. Give stains attention while they are "wet" or fresh. Your home methods may not always be successful, but the ones suggested here will not "set" a stain.

STEP-BY-STEP HELPS WITH SPOTSAcid Substances

Mop up spillage.
 Apply clear cool water to spot.
 Neutralize acid by sponging with a soda or ammonia solution.
 Use 1 teaspoon of either agent to 1 quart of warm water.
 Blot well.
 Rinse with clear warm water and soft cloth.
 Mop up or blot up extra moisture.

Blood

Apply clear water to fresh stains.
 For older stains, make a thin cream-like paste of laundry starch.
 Rub into spot. Let dry. Brush out. Repeat until blood disappears.
 Sponge with clear water.
 Blot up extra water.

Ball-Point Ink

Cover completely with white vaseline.
 Work in some dry "built" detergent, rubbing it well into the pile. Try not to spread the vaseline.
 With a white cloth and clear warm water "take up" the spot by sponging from the edge of the stain.

Nail Enamel

Mop up extra enamel.

Apply small quantities of polish remover on soft cloth, unless the carpet contains acetate rayon fibers.

Pet Troubles

Mop stain with water, wetting it well.

Blot stained area.

Neutralize with 1/2 cup white vinegar in quart warm water.

Let set few minutes.

Mop or blot with clear warm water.

For old stains repeat treatment.

Milk Curd

Scrape up curd.

Mop up with water.

Neutralize as for acids.

Blot well.

Rinse with clear water.

Mop up or blot again.

Oil and Grease

Sponge with non-flammable household dry cleaning fluid on a clean white cloth, unless area of spotting is large. Send rug to a cleaner for large area.

Iodine

Apply denatured alcohol, a drop or two at a time, to the spot. Sponge from outside of stain to center with clean cloth. Repeat as needed.

Gum

Soft Gum - Rub gum with a small piece or cube of ice. Lift off hardened gum from fiber.

Old Gum - Use a non-flammable household dry cleaning fluid.

Apply liberally.

Let set 3 - 4 minutes.

Lift off gum with spatula or dull knife.

Punch - Beverages

Use warm water and soft cloth to melt sugar base of beverage. If color remains use solution made by adding 1 teaspoon detergent to 1 cup warm water.

Candy

Scrape off crusty surface.

Sponge with solution used for punch (detergent in warm water).

Average Foods

Foods are so complex that each sets its own problem. Try to figure the base of the food - grease, sugar, acid, etc. Apply methods for the combination - example, dry cleaner for grease, etc.

Soap Foam Method

The success of soap foam depends upon three things:

1. Make a "dry" foam.
2. Apply it lightly.
3. Sponge out every trace of soap.

FORMULA FOR SOAP FOAM

- 1 cup neutral soap flakes
- 3 cups warm water softened with packaged softener
- $\frac{1}{4}$ cup solvent such as energine or carbona, or 2 tablespoons ammonia

Dissolve flakes in water. Beat with mixmaster or Dover beater until it resembles whipped cream. Continue beating until the foam crumbles or breaks in your hand. It is the excess moisture that makes "rings", penetrates the padding, and causes mildew. Add the solvent. Slow the beater and let blades mix the solvent through the foam.

Apply this dry foam to the carpet which has been thoroughly cleaned with a vacuum or a broom. Spread the foam evenly with a flat instrument such as a spatula or wood tongue blade. Cover small areas at a time; probably a 2 foot square.

Let the foam set for a minute. Then scrape the fabric with the dulled tool. The scraping lifts the foam from the surface, carrying the dirt as well. Repeat the process if soil is heavy. Clean the entire surface in this manner.

The final step is important. Wring a large square of cheesecloth from a solution of tepid water, softened with a packaged softener. Stroke the cleaned surface with this moist cloth to remove any film remaining on the carpet. You thus use a good laundering practice by letting soft water remove all trace of film.

NOTES ABOUT HOME CLEANING OF CARPETS

Remember that carpets can be successfully cleaned at home. The task requires information, time, patience and attention to recommended methods. The amount of money saved may be worth the effort. Bear these two major points in mind:

1. Undiluted ammonia or strong soaps and strong synthetic detergents may be harmful to carpet fibers.
2. There is a great difference between moist treatment on a carpet surface and water that seeps through to damage the fabric.

COOPERATIVE EXTENSION WORK
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Agricultural Extension Service
Home Demonstration Work
County Agent Work

EASIER WASHING AND IRONING

Compiled by Virginia E. Twitty

Save yourself and your energy for some of the tasks or recreation that you will enjoy more than you may the many jobs of doing the family laundry.

1. Leave out any part of a job you can.
2. Keep tools and supplies within easy reach.
3. Make both hands work.
4. Use the tool which is best for the job.
5. Make one job out of two or more.
6. Sit to work whenever you can.

Five steps saved a day will save you one mile a year.

Easier washing and ironing starts when you buy equipment, supplies, fabrics, and garments to be laundered. Equipment should be purchased to fit your need, expenditure available, and the space into which the equipment will fit. Good equipment is that which does the work for which it was purchased. Laundry supplies such as water softener, detergents, starches, etc. do their job only if they are used in proper amounts. Washable fabrics that are color fast, permanent finish, non-ironing or wrinkle resistant made into simple styles do much toward making the family laundry work easier.

Preparing clothes for washing.

Do not be too rushed to do the necessary pre-wash jobs.

Work on a table of proper height to prevent stooping and bending. If it is necessary to work on the floor, spread papers or have several baskets or boxes available (boxes of graduated sizes may be stored inside each other for space saving)

Remove shoulder pads and extra trimmings, close zippers, turn pockets and trouser cuffs, and brush away lint and dust. (A brush is convenient to have in the laundry room)

Repair any tears or breaks to prevent further damage to the fabric.

Remove any stains that will not wash out or those that will be set in the washing.

Soap heavily soiled areas as cuffs, collars, etc. (use brush and wet detergent)

Soak soiled handkerchiefs in chlorine solution (to kill germs)

If clothes are heavily soiled, soak in warm water and detergent for 5 to 20 minutes. (Long soaking redeposits the dirt in the clothes)

In sorting clothes for laundering, be guided by (1) the kind of fiber and fabric, (2) the color and color-fastness of the fabric, and (3) the degree of soil. These three factors will determine the kind of detergent, water temperature, washing time, and amount of agitation.

WASHING

Fill washer to capacity indicated on the washer with water 145° to 160° F.

Add softener and agitate until dissolved.

Add soap or detergent

Put clothes into washer while agitator is in motion. Do not overload. (7 or 8 pounds of dry clothes equals a load for 18 gallon capacity machine.) (machine capacity varies from 7 to 18 gallons) (know your machine)

For average soil agitate 8 to 15 minutes (slightly soiled - 5 minutes)

Agitate clothes in the rinses to allow clear water to replace suds. There should not be great differences in the wash and rinse water temperatures. First rinse 130 to 140° F; second rinse 100 to 110° F. (Second rinse may be cold if necessary)

WRINGING

Much of your ironing begins here. Put garments through the wringer with as few wrinkles as possible, fold buttons to the inside. Try to group garments as you want them on the line. Baskets or boxes may be used to group pieces as they are taken from an automatic washer.. (Prevents carrying heavy loads too). Save stooping, bending and lifting by using a cart, wagon, or table with wheels. Wet clothes are very heavy. Use cart from machine to line.

HANGING

Good clotheslines at proper heights and properly placed are of great importance in saving time, energy, and temper. Nothing is more exasperating than catching your chin over the clothes line, under which you have to stoop, or to have the clothesline break with clothes on it. (This can happen easily when it rains.) A well braced post extending 6 feet above the ground, with a cross bar, is recommended for stringing the clothesline. The clothesline needs always to be washed off before hanging the clothes. Hang clothes in groups according to whether or not they will need ironing. This will eliminate this sorting later. As each garment is picked from the cart or basket, it should be shaken free of its

wrinkles. Hang straight on the line by the strongest part, with open part toward the prevailing wind. Do not spare clothes pins, as many times an extra pin will hold the garment straight and thus prevent much ironing. The wind helps to dry and iron out wrinkles too. Hangers may be used for some garments. Pants and sock stretchers are often a time saver too.

OFF THE LINE

With a very fine spray on the hose, your clothes may be dampened while they are still on the line. (This would necessitate first taking down those not to be ironed.) These clothes would then be folded and placed in a plastic lined basket or plastic bag in groups that would facilitate easier and speedier ironing. Linens and all straight pieces together, dresses together, shirts, etc.

If clothes are to be dampened after gathering from the line, there is still much to be done at the line. Folding those not to be ironed and sorting and folding into groups those to be ironed is a time saver. Heavy cottons and linens should go into the basket first, then to lighter weight cottons, rayons and other synthetics.

SPRINKLING

Handle garment with one hand and sprinkler with other.

Use warm water for sprinkling as it penetrates more quickly, and thus, it will probably take less moisture in the clothes.

Putting groups of clothes that iron with the same temperature and hang or fold alike, into plastic bags may help.

Fold lightly; do not roll tightly.

Do not over dampen as the moisture all has to be dried with the iron and causes more wrinkles than is necessary

Let clothes stand for several hours after dampening before ironing.

Iron rayon and other synthetics first before the iron is hot as it needs to be for cottons.

IRONING

Sit to iron; have all equipment within easy reach. If you must stand, stand on a rubber pad.

Iron pockets, pads and heavy facings before ironing the rest of the garment.

Iron wll fabrics with grain line to prevent stretching and sagging.

Dark colored fabrics are usually best ironed on the wrong side to prevent shine.

Let the iron move in well directed motions to dry and smooth the garment with heat rather than your precious energy by pressure.

Use either hand to iron. Direct point of iron into gathers, ruffles, etc.

For wearing apparel, first iron sections which can hang off the board (cuffs, collars, sleeves, and belts), then the body of the garment. A sleeve board can do much to give your ironed garments the professional look and make ironing small articles and children's clothing easier.

If there is closet space, hang all garments that you can. This saves time of folding and unfolding as well as the extra wrinkles.

If you can save some time in doing the laundry work, you have made a good gain; but, if you can save yourself some wear and tear, you have made a great step toward giving your family a happy home with a well dispositioned homemaker at the center. Time and money are of more value if you have your good health to enjoy it.

References used: Fundamentals of Modern Home Laundering - Home
Laundry Institute
The Hamilton Homemaker's Manual
Kitchen Reporter - Preparation of Clothes For
Washing - Margaret S. Furry, Textile
Chemist, U. S. Department of Agriculture
Help Yourself to Laundry Aids - Grace Ryan,
University of Arizona

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona

University of Arizona
College of Agriculture and
U. S. Department of Agriculture
Cooperating

Duncan

Agricultural Extension Serv.
Home Demonstration Work
County Agent Work

SIMPLE HOME TEST FOR WATER HARDNESS

Use GREEN SOAP (U.S.P.) (secure at drug store)



① ←

Place 1 oz. of water to be tested in a 4 oz. bottle



② ←

Add tincture of Green Soap (U.S.P.) with dropper.... One drop at a time,



③ ←

Shake bottle after adding each drop and continue to add and count drops of tincture of Green Soap (U.S.P.) until 1/2 inch head of suds will stand for five minutes.

Calculate Hardness

The total number of drops of soap equals grains of hardness per gallon of water. Example: 5 drops equals 5 grains

10 drops equals 10 grains, etc.

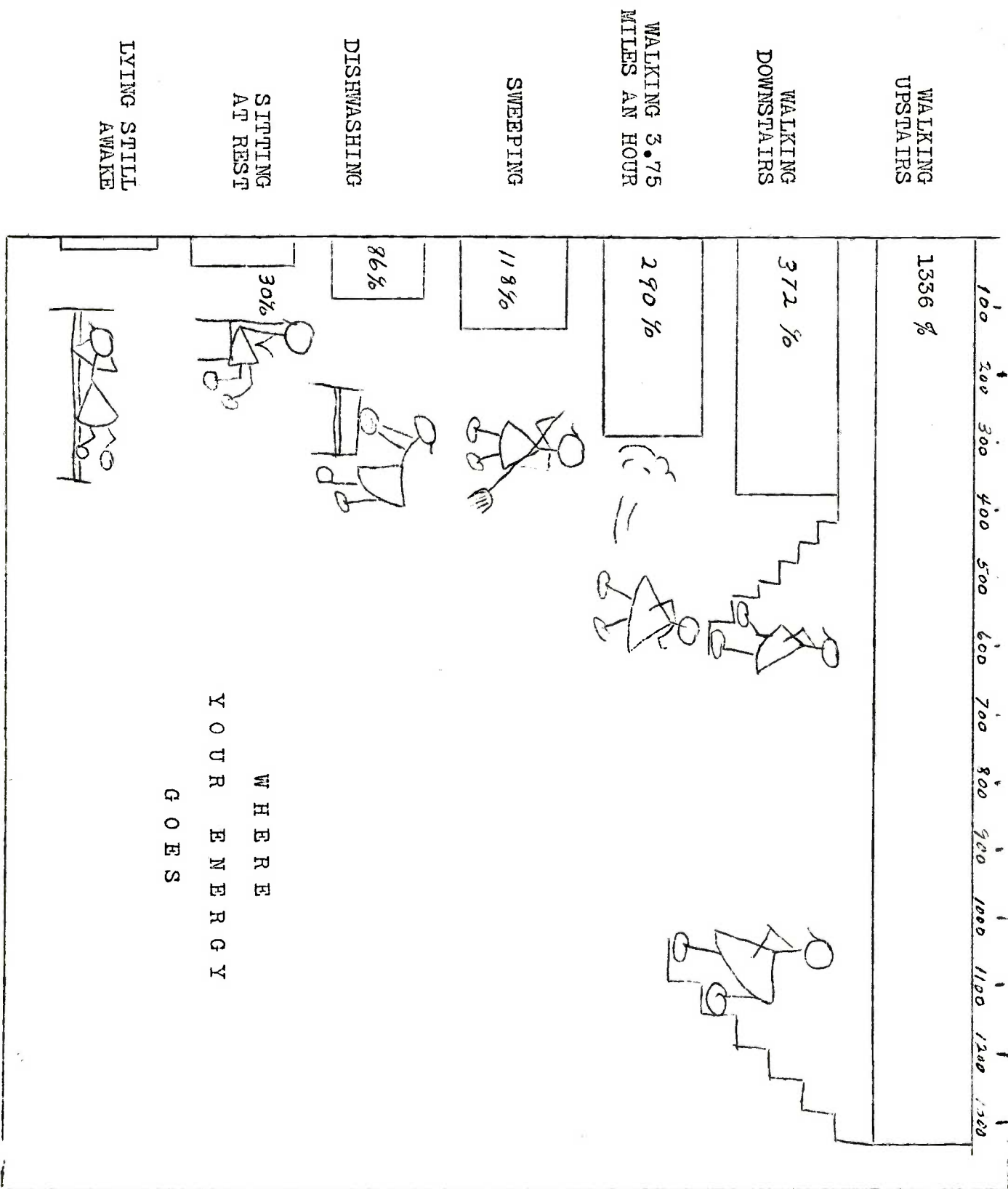
CAICON DOSAGES IN COMMON HOUSEHOLD MEASURES

Gallons of Water	Hardness in Grains per U. S. Gallon							
	1 gpg	2gpg.	3 gpg	4 gpg	5 gpg	10 gpg	15 gpg	20 gpg
1	1/4 tsp	1/2 tsp	3/4 tsp	1 L tsp	1 L tsp	1 H tsp	1 L tbs	1 H tbs
2	1/2 tsp	1 L tsp	1 1/4 tsp	1 1/2 tsp	1 H tsp	1 H tbs	2 L tbs	2 H tbs
3	3/4 tsp	1 1/4 tsp	1-3/4 tsp	2 L tsp	1 L tbs	2 L tbs	3 L tbs	3 H tbs
4	1 L tsp	1 1/2 tsp	2 tsp	2 1/4 tsp	1 H tbs	2 H tbs	3 H tbs	4 H tbs
5	1 L tsp	2 L tsp	1 L tbs	1 H tbs	3 H tsp	3 L tbs	1/3 c.	1/2 c.
10	2 L tsp	3 H tsp	2 L tbs	2 H tbs	1/4 c.	1/2 c.	2/3 c.	1 c.
15	3 L tsp	2 L tbs	3 L tbs	3 H tbs	1/3 c.	2/3 c.	1 c.	1 1/4 c.
20	1 H tbs	2 H tbs	3 H tbs	4 H tbs	1/2 c.	1 c.	1 1/2 c.	2 c.

Explanation: gpgs. equals grains per gallon; L. tsp. equals level teaspoon; H. tsp. equals heaping teaspoon; L. tbs. equals level tablespoon; H. tbs. equals heaping tablespoon; c. equals cup

If your hardness does not match any hardness given at the head of the table, you can obtain the dosage for your hardness by combining two values that give the desired hardness. For example, for 10 gallons of 7 gpg. water, take the dosage shown for 10 gallons of 5 gpg. water (this is 3 H. tsp.) and add it to the dosage shown for 10 gallons of 2 gpg. water (this is 1/4 c.). The total in this case will be 1/4 cup plus 3 heaping teaspoons.

Percentage of Increase Over Lying Still



IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Duncan

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Greenlee County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

COMMON STAINS AND HOW TO REMOVE THEM

Stain	White Cottons, Linens, and Man-Made Fiber Fabrics	Colored Fabrics, Wools, Silks, and All Fine Fabrics
Adhesive tape	Sponge or soak in cleaning fluid*	Same
Alcoholic beverages and soft drinks	Treat immediately because age, alkali and heat make brown stains that are impossible to remove. Soak fresh stains in cool water; then work suds of non-alkaline detergent into fabric; rinse. Treat moderately aged stains as above; then try hydrosulfite or other dye-remover bleach	Same, except omit hydrosulfite bleach- it removes color from fabrics.
Blood	Soak in cool water; then wash in soapy water with perborate bleach.	Sponge with cool water; then apply pepsin. On blankets and other thick materials, apply absorbent powder mixed to a paste with cool water.
Chewing gum	Sponge with cleaning fluid*	Same
Chocolate and cocoa	Work suds into stain by rubbing between the hands, apply perborate bleach.	Sponge with cleaning fluid.* If stain remains apply pepsin; then bleach with perborate.
Coffee and tea	Wash in suds of nonalkaline detergent; rinse. If necessary, apply perborate or hypochlorite bleach.	Sponge with lukewarm water; then work suds of non alkaline detergent into stain;rinse
Cream, milk, ice cream	Sponge with cool water; then work soap or syndet into stain. Rinse in cool water. If stains are old, treat with pepsin, then with soapsuds.	Sponge with cool water, apply pepsin. Let dry; then sponge with cleaning fluid*.
Egg	Scrape away any egg with dull knife; then sponge or soak fabric in cool water. If stain remains, apply pepsin.	Same
Fingernail polish, mimeograph-correct- ion fluid	On all fabrics, except acetates, sponge with acetone. Fingernail polish damages acetate fabrics beyond repair.	Same

Fruit: Fresh peach, pear, cherry, plum	Treat immediately. Soak in cool water; then work in suds of nonalkaline detergent. Rinse.	Same
Other fruits and berries	Remove stains from other fruits (not fresh peach, pear, cherry, plum) with boiling water poured from a height of 2 or 3 feet. Then wash in soapy water and bleach in sun or use perborate or hypochlorite bleach	Same, if fabric and colorfastness will stand it. If acid fruits change the color of the cloth, sponge with a solution of 1 tsp baking soda to 1 cup water, or sprinkle dry baking soda on dampened stain. Rinse.
Grass	Work hot soapsuds into stain and apply perborate or hypochlorite bleach. If stain is ground-in the fabric, loosen it first with petroleum jelly. Or, sponge with cleaning fluid.	Sponge with dilute alcohol - 1 part denatured alcohol and 2 parts water.
Inks: Ball point ink Writing ink	On all fabrics, except acetate, sponge with acetone. Follow with hydrosulfite bleach. Rinse freely with water. On thick materials use absorbent powder, either dry or mixed with water. Then wash or sponge with nonalkaline detergent and water. If necessary, use hydrosulfite, hypochlorite, or perborate bleach.	Same, if fabric is colorfast. Same
Iodine	Wash in hot sudsy water or sponge with sodium thiosulfate	Sponge with sodium thiosulfate.
Iron Rust	If stain is light, squeeze lemon juice on it and spread in the sun. Rinse Or, sponge with hydrosulfite dye-remover bleach. (Do not use hypochlorite or perborate bleach on iron rust.)	Same, if fabric is colorfast
Lipstick and rouge	Work petroleum jelly into stain; then sponge with cleaning fluid. If color remains, sponge with denatured alcohol, 1 part alcohol to 2 parts water.	Same
Mildew	Wash as usual and dry in the sun; or use a perborate or hypochlorite bleach.	Same, if fabric is colorfast
Paint, varnish, shellac	Soak or sponge paint stains with turpentine. If stain is old, first work petroleum jelly into stain; then soak in turpentine. Soak varnish and shellac stains in alcohol - dilute the alcohol for acetate fabrics.	Same

Perspiration	Work suds into stain by rubbing fabric between the hands; then wash in hot suds with perborate bleach.	If perspiration changed the color, sprinkle baking soda on the dampened stain; rinse. Or, try sponging with dilute vinegar (2 tablespoons to 1 cup water).
Scorch	Dampen light scorch stains and lay in sun. Or, wash in hot suds with perborate bleach. Heavy scorch damages fabric beyond repair.	Same
Tar, road oil, car grease	Scrape off as much tar as possible. Work petroleum jelly into the stain. Then sponge with cleaning fluid* or work cool soapsuds into stain and rinse well.	Same

* CAUTION: THE FUMES FROM CLEANING FLUIDS MAY BE TOXIC;
SOME CLEANING FLUIDS ARE FLAMMABLE; ALWAYS
USE CLEANING FLUIDS OUT OF DOORS OR IN A
WELL-VENTILATED ROOM IN A DRAFT TO CARRY THE
FUMES AWAY FROM YOU. NEVER USE CLEANING
FLUID NEAR A FIRE.

NEW HOME IN ARAVAIPA CANYON

The J. D. Williams Do All Their Own Work — From Clearing Mesquite to Hauling Lumber and Varnishing Cedar Posts

IT ISN'T the first they have built, but J. D. and Rachael Williams hope it's the last — that new home on their 20-acre place in Aravaipa Canyon in Graham County.

Except for some help with the framework, roof and stuccoing, the Williamses themselves did all the construction and interior work for the two-bedroom house. They drew the plans themselves, too, with Mrs. Williams contributing her ideas and her husband getting them down to scale.

To begin at the beginning, though, first the Williamses had to clear the mesquite and brush off the site, back in 1951 when they moved there from Mesa. Until they moved into their new home this past fall, they lived in a 12x16 cabin, and Mrs. Williams now



One end of the big living room. Note the fireplace panels of native sycamore and the kindling box that is an old ore bucket. Across the room from the picture window shown here is another and larger one overlooking the patio-to-be.

says, "I didn't think much of trailer living after that."

The home was built to take full advantage of the scenic site, with picture windows on either side of the living room and a windowed, semi-circle dining area in the kitchen. Eventually the "backyard" living room view will include the patio-porch and landscaping, with a clear

vista of the country beyond. At present the interior of the home is almost finished, but all landscaping is still to be done. "I want to get at that this fall," says Mrs. Williams, "and put in a rock wall in front, the patio in back."

Room Arrangement

As you enter the living room front door, on the right is a hall to the



Behind Mrs. Williams at the left is the dining area half-circle; in direct center is the "bookkeeping department" of the home; to the right is the living room. This picture was taken from the center of the kitchen workspace, seen in the picture below.



Mrs. Williams likes the convenient arrangement of workspace in her kitchen, with sink, stove and counter along one wall, the refrigerator and walk-in refrigerator directly opposite. Behind her is the boxed-in hot-water heater.

two bedrooms, with the bathroom off the hall and enclosed shelf space for linens opposite. The hall angles in such a way that the bathroom door is concealed from view in the living room.

At the left of the living room, and toward the back is the kitchen and dining area, with a door to the carport, which in turn has a door to the patio. In the living room is another patio door.

Besides the picture windows, feature of the living room is the fireplace, paneled with native sycamore wood. The big tree was taken from a neighboring place, and Mr. Williams hauled it 160 miles over dirt roads to Luna, N. M., to be made into lumber. Mrs. Williams did the shelacking and varnishing and put up most of the paneling.

A fireplace accessory is the old ore bucket, which the Williams found on their land, cleaned, gilded, and now use for a kindling bucket.

When the living room is completed there will be more sycamore paneling in the shelves under one of the pic-



► This picture, taken from the door between living room and kitchen, shows the half-circle dining area.

ture windows, and they also intend to have a coffee table made of the wood.

The living room ceiling is of Philippine mahogany, cut in squares and placed with the grain crosswise one to another to give a checkered effect. Woodwork and floors are of natural pine. Hall paneling visible in the living room is of Philippine mahogany, left in large strips with the grain running in the same direction.

Cheerful Kitchen

The kitchen and dining area has a most attractive color scheme of clear yellow and deep rose. The semi-circle dining room area has a sunny aspect, helped by the yellow-top tables and chairs which blend especially well with the walls.

Directly opposite the stove in the "kitchen" portion of the room is what will be an 8x8 walk-in refrigerator. Mrs. Williams explains that eventually in developing their place her husband and she hope to have both berries and eggs for marketing, and the walk-in will be of direct benefit then.

Walls in the home are sheetrock with texture paint which was applied by Mrs. Williams. She says: "When we had a lumber yard, there was a demonstration of texture painting, and I learned then. It's really not hard to do. And with dry-wall finishing you can re-do it any time you want." The living room is gray; the bedrooms apricot-color with white ceilings.

Mrs. Williams also put in the glass

bricks that are fitted into the slight curve made for the living room set-in front door — laid the linoleum tile which is in all the rooms except the living room — and at the time of the Arizona Farmer visit she was peeling a cedar log preparatory to varnishing and using it as a post for the porch-patio.

Other features of the Williams home include: Built-in dressing table in the bathroom; walk-in bedroom closets with sliding doors; boxed-in eaves creating an overhang for the patio.

All-in-all, it's a home to be proud of, and that pride might well be doubled with the Williamses' realization that the home was built almost entirely by themselves.—Jo.

III. Project Activities and Results

C. Food Preparation and Preservation

Seven leaders representing three homemaker clubs and one L.D.S. group were in attendance at the leader training meeting on "Selection and Preparation of Less Known Cuts of Meat". This meeting was held in the home of Mrs. Keith Smith in Thatcher where fine facilities allow for good group participation. Previous visits to meat cutters, gave good background for information concerning local grades, qualities and cuts sold. The meats selected for the lesson were determined from information thus gathered. Foods prepared at the meeting were:

- Braised chuck roast
 - two qualities cooked together (choice and commercial)
- Stuffed beef heart
- Breaded brains
- Beef and kidney pie
- Pan fried liver (cut thick)
- Broiled beef kidney and liver

Many of the leaders had never prepared any of the organ meats except liver, but all expressed a liking for those that were prepared. There was, however, a prejudice of long standing, which some had to overcome to taste these meats. This has been expressed from homemakers who attended their local meetings, too.

Since this lesson was one involving rather expensive foods, the leaders were asked to pay a nominal fee for their lunch, which helped to defray expenses of all food which went into the preparation except the meat, and one of the roasts that was prepared.

Verbal reports showed fine enthusiasm and acceptance of this lesson. One woman said: "I very much liked the brains prepared at the meeting, but would not date to put them on the table for my family".

Leaders reporting on their lessons up to this time of reporting, and the result in their clubs, indicate the following:

Number attending the meeting 33

Number who prepared and served one or more meats new to them 5

Number of dishes served from the recipes given 20

Number who served some of the less expensive meats more often than before the lesson 14

Mr. Stebbins of the local Sears Roebuck store reported much interest and the sale of six or eight milk pasteurizers from their store in the early months of the year. This office also received a number of phone calls regarding milk pasteurization and the storage of butter. The Agent has from time to time used the importance of milk in the diet, and the importance of pasteurizing milk as a part of the weekly radio program, but no further effort has been devoted to this, except for one full radio program soon after these reports came in, when the method of home pasteurization was emphasized.

Two women of the county made use of the kit, "Home Pasteurization of Milk" furnished from the State Office. They each think they have overcome the family prejudice against the taste of pasteurized milk, and plan to buy dairy thermometers for pasteurizing their milk in the future.

Eighty-five basic seven folders were furnished to boys and girls in the Thatcher schools. This is in addition to those furnished to 60 members of another class in this year's school term. Mrs. Paul Guiteau, who is a teacher, used these with her class when she had a health lesson. Mrs. Gertrude Pointer, a homemaker club member in Thatcher and a member of the P.T.A., has given the nutrition lesson to 60 fourth-year boys and girls to whom we furnished this bulletin.

In May the Agent conferred with and assisted the Red Cross Director in the county with anticipating needs and buying food to get the most value per dollar for needy families in the area. Lack of possible labor made it necessary for public agencies and individuals to help these families with food and clothing until cotton chopping time, when they could earn money for their own livelihood.

The usual and rather constant calls have come for information on freezing food and how to use it. The Agent had anticipated extending the lessons on preparing and packaging frozen foods to many groups. This lesson is planned for November in the homemaker clubs. The Agent had planned to attend each homemaker group to present it, but the Foods Leaders will be willing to do it as Leader Training if necessary.

The Home Demonstration Agent was happy to attend a frozen food demonstration given by the representative of the Amana appliance company. This was sponsored by the Thatcher Appliance Company and given to the public. Mrs. Ruth Stauffer gave some very fine techniques of preparation of food for the freezer which have been passed on to homemakers and which can be continuously used. There were several tricks of the trade which the agent had planned to use in frozen food demonstrations in the fall. The Thatcher Appliance representative, Mr. Clyde Sparks, offered use of equipment or assistance to the Agent at any time it might be needed.

Newspaper articles and radio programs have been devoted to food preservation at various times during the year.

COOPERATIVE EXTENSION WORK
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Agricultural Extension Service
Home Demonstration Work
County Agent Work

March 3, 1954

LESS KNOWN CUTS OF MEAT

Prepared by

Elsie H. Morris, Extension Nutritionist
and

Virginia E. Twitty, Home Demonstration Agent

Meat - Meat includes the flesh of all animals used for food. Meat consists of muscles, connective tissue, bone, and fat. The muscles are made up of bundles of fibers, tubes filled with meat juices bound together by connective tissues. Meat contains a large percentage of protein, fat, and water.

Food Value of Meat - Meat has high food value because it contains high quality, complete proteins. The body is able to use 98 percent of the animal protein eaten.

Protein is life. It is contained in all plant and animal cells and in body fluids.

Where do we get protein? Protein is obtained from animal and vegetable sources.

Proteins of animal origin

1. Meats
2. Fish
3. Eggs
4. Milk and milk products

Proteins of vegetable origin

1. Cereal grains, (wheat, corn, rice, rye, and barley)
2. Seeds of legumes, peas, and beans
3. Nuts - peanuts most important in human diet

Animal Proteins - Animal proteins, meat, eggs, and milk are classified as high quality proteins because they contain all the amino acids or building blocks necessary to build and repair body tissues. These building blocks are carried by the blood to the places where they are needed. All protein foods satisfy our appetites longer because they are digested more slowly.

Amino Acids - There are twenty-four known amino acids and probably others will be discovered. Dr. W. C. Rose and other workers have found that there are eight amino acids found in animal proteins, which must be supplied to our bodies every day. They are called essential amino acids because they are needed to build and repair body tissues.

Our bodies are able to synthesize or build up the other amino acids in amounts to meet our bodies needs.

Amino acids are not stored in the tissues and so must be resupplied each day by the foods we eat.

How much protein do we need each day? A moderately active homemaker such as you, needs about 60 grams of protein each day. Your husband needs about 70 grams. Growing children, pregnant women, and nursing mothers need greater amounts of protein. See page 8 - recommended allowances "Food Values in Common Portions."

Where to get protein? The best rule is to get at least half of our protein from animal sources such as meat, eggs, milk, and cheese. Children should get two thirds of their protein from animal sources.

Vegetable proteins do a better job when they are cooked or served with proteins from animal sources.

Why our bodies need protein:

1. To build and repair tissues
2. To manufacture antibodies which fight infection in the body
3. To help regenerate blood after hemorrhage or other blood loss
4. Before and after surgery
5. In cases of severe burns and wounds
6. Pregnant women and nursing mothers
7. For growth - children need protein especially

The Place of meat in Good Nutrition: Meat supplies protein, iron, phosphorous, thiamine, riboflavin, niacin, and calories to our diets.

GENERAL RULES OF MEAT COOKERY

Meat is cooked to increase its appetite appeal through appearance and aroma.

I. Long Slow Cooking at low temperatures, 300 to 325F results in:

1. Better flavor
2. More tender meat
3. Juicier with less loss of meat juices in drippings
4. Less shrinkage

II. Effect of high temperatures:

1. Harden the proteins of meat
2. Causes shrinkage
3. Fewer servings per pound
4. Charring of the outer layers
5. Burned drippings

III. Methods of Cooking Meats

The grade and cut of meat will help you to determine how to cook it.

Refer to Leaflet No. 310 - U. S. Grades for Beef, U.S.D.A.

The less expensive cuts of meat are usually the less tender cuts and require long slow cooking with moist heat to make them tender.

Suggested Menu	Braised Chuck Roast with Vegetables	Time: 2½ to 3 hours Temp. Simmer
Braised Chuck Roast	Yield: 6 servings	Utensils
Caesar Salad	Ingredients	1 heavy kettle with cover
Garlic French Bread		1 large fork or tongs
Milk and Tea or Coffee	3 pounds lean lamb or or beef shoulder	1 set measuring spoons
Custard made with Skim Milk Powder	4 tablespoons fat from suet	1 cloth
	2 teaspoons salt	1 paring knife
	1/4 cup flour	1 cutting board
For stew use same recipe with neck, chuck, plate or brisket; cut into serving pieces	6 carrots 6 onions 4 potatoes	

1. Wipe the meat with a damp cloth. Brown slowly in the melted fat.
2. Add a small amount of water and simmer until the meat is nearly tender, about one and one half to two hours
3. Prepare vegetables. Add carrots, potatoes, and onions, whole or sliced. Cook for 25 minutes
4. Remove meat and vegetables to a warm serving dish. Thicken the liquid for gravy.

BRAISED STUFFED HEART

Suggested Menu

Baked Stuffed Heart
Baked beets and orange Juice
Hot Bread
Raw Vegetable Salad
Milk
Fruit and Cooky

Utensils

Baking dish
Sharp Knife
Cutting board
Clean string
Darning needle

Ingredients

1 beef heart
or 2 or 3 calf livers

Stuffing

1 onion stuffed
1 stalk celery
2 Tablespoons fat
2-3 cups soft bread crumbs
salt and pepper
Thyme

Wash and slit heart, remove gristle and blood vessels. Fill with stuffing. Sew up slit. Brown on all sides in fat, place in baking dish. Add 1/2 cup water. Cover tightly cook in 300 oven until tender. Beef heart will require about 4 hours, calf 1-1/2 hours.

BREADED BRAINS

Suggested Menu

Tomato Juice
Breaded Brains
Buttered green vegetable
Grated Carrot Salad

Utensils

Skillet
Bowl
Fork

Ingredients

Milk
Gingerbread and Apple Sauce

1 egg
1 tablespoon milk
1 salt pepper
1/2 cup bread crumbs
fat

Wash brains, soak in cold water (with or without salt) for half an hour, then remove blood vessels and membrane. Whatever way brains are to be served they are easier to handle if precooked. To do this cover the brains with slightly salted cold water and simmer for about 15 minutes. Cool in the broth.

BREADED: Drain the cooked and cooled brains and separate into fairly large pieces. Dip them into a beaten egg, diluted with one tablespoon of milk, sprinkle with salt and pepper, then roll in finely sifted bread crumbs, and fry slowly in fat. Serve hot. Tomato sauce is good with breaded brains.

MORE INFORMATION ABOUT BRAINS

BRAINS	APPROX. WEIGHT	PREPARATION	COOKING
Beef	12 oz.	Soak in salted water	1. Dice cooked brains and use in scrambled eggs or creamed dishes or 2. Slice, egg and crumb and pan or deep-fat fry
Veal	8 oz.	15 minutes	
Lamb	4 oz.	Precook in simmering	
Pork	4 oz.	water 15 minutes Refrigerate or use at once	

Source of above: Martha Logan's Test Kitchen Research

BAKING MEAT

Time: 60 minutes Temp. 350F.
MEAT LOAF : YIELD: 6 to 8 Servings

Menu:	
Meat Loaf	1½ pounds of veal or lean chuck beef
Baked Sweet Potato	1/2 pound salt pork
Cole Slaw	1 cup rolled oats
Whole Wheat Muffins	1 tablespoon minced onion
Butter	1-1/4 teaspoons salt
Ambrosia	1/8 teaspoon celery salt
Milk - tea - or	1 cup water or stock
Coffee	1 tablespoon butter
	* 1/4 cup dry skim milk powder
	* 1/4 cup wheat germ
	* To increase protein, mineral and vitamin value

UTENSILS

1 mixing bowl
1 cutting board
1 paring knife
1 set measuring spoons
1 set measuring cups
1 mixing spoon
1 loaf pan
serving platter
serving silver
garnish

1. Use veal or lean beef from the shoulder and have
ground with salt pork
2. Add rolled oats, onion, lemon juice, salt,
pepper, and liquid; mix thoroughly
3. Pack in greased loaf pan, brush top with
melted butter. Bake uncovered in moderate
oven 350F about 60 minutes. Serve hot or cold.

Yield: 6 servings

Time: 30 min.

Temp. 350 F.

Delicious Liver Casserole

Menu	Ingredients	Utensils
Delicious Liver Casserole	1 pound sliced liver	Pan
	2 tablespoons margarine	Knife
Baked Potato	2 tablespoons flour	Cutting Board
Green Beans	1½ cup liquid in which liver was cooked	Measuring spoons
Tossed Green Salad with Carrot-Lemon dressing	2 tablespoons chopped celery	Casserole
	1/2 cup sliced stuffed olives	Serving spoon
Enriched bread - Butter	1 teaspoon salt	
	1/4 teaspoon paprika	
Grapefruit Grenadine	1 tablespoon Worcestershire sauce	
	2 hard-cooked eggs, chopped	
Milk, Tea or Coffee	1/2 cup buttered bread crumbs	

1. Drop liver into boiling water and simmer 5 min. Drain, save the liquid, cut into 1/4 inch cubes
2. Melt margarine, add flour and gradually pour in liquid, stirring until thickened
3. Add liver, celery, olives, seasonings and hard-cooked eggs.
4. Pour into casserole. Sprinkle with bread crumbs. Bake uncovered in a moderate oven (350 F) 20 minutes or until thoroughly heated. Serves 6

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PAN FRIED BEEF LIVER: Dip sliced beef liver in seasoned flour. Fry in 2 to 3 tablespoons bacon drippings or other fat to brown both sides. Reduce heat and cook about 10 minutes until pink color disappears. Do not overcook. Serve with pan-fried bacon, onions, or other vegetables.

BROILED BEEF LIVER: Place slices of beef liver on a rack in a broiler pan. Brush with melted butter or margarine. Place broiler pan in broiler so the meat is about 3 inches from the source of heat. Broil according to the schedule below. Turn and brush with more melted butter or margarine. Broil other side. Do NOT overcook.

Thickness of slice	Minutes per slice
1/4 inch	4 minutes
1/2 inch	5 minutes

* * * * *

BROILING MEAT: Tender cuts of meat such as beef steaks, marbled with fat, lamb chops, liver, kidney, ground meats, and chickens may be broiled. These meats may be broiled by direct heat under a gas flame, electric unit, or over hot coals.

To Broil: grease rounds of broiler, (or of a rack set in a drip pan) lay meat on it.

Set the electric unit to "broil"; set gas oven at 350 F.

Place the meat 2 or 3 inches from the heat and broil until the top is brown.

Season with pepper and salt; turn and brown on the other side.

Season and serve at once.

B E E F A N D K I D N E Y P I E

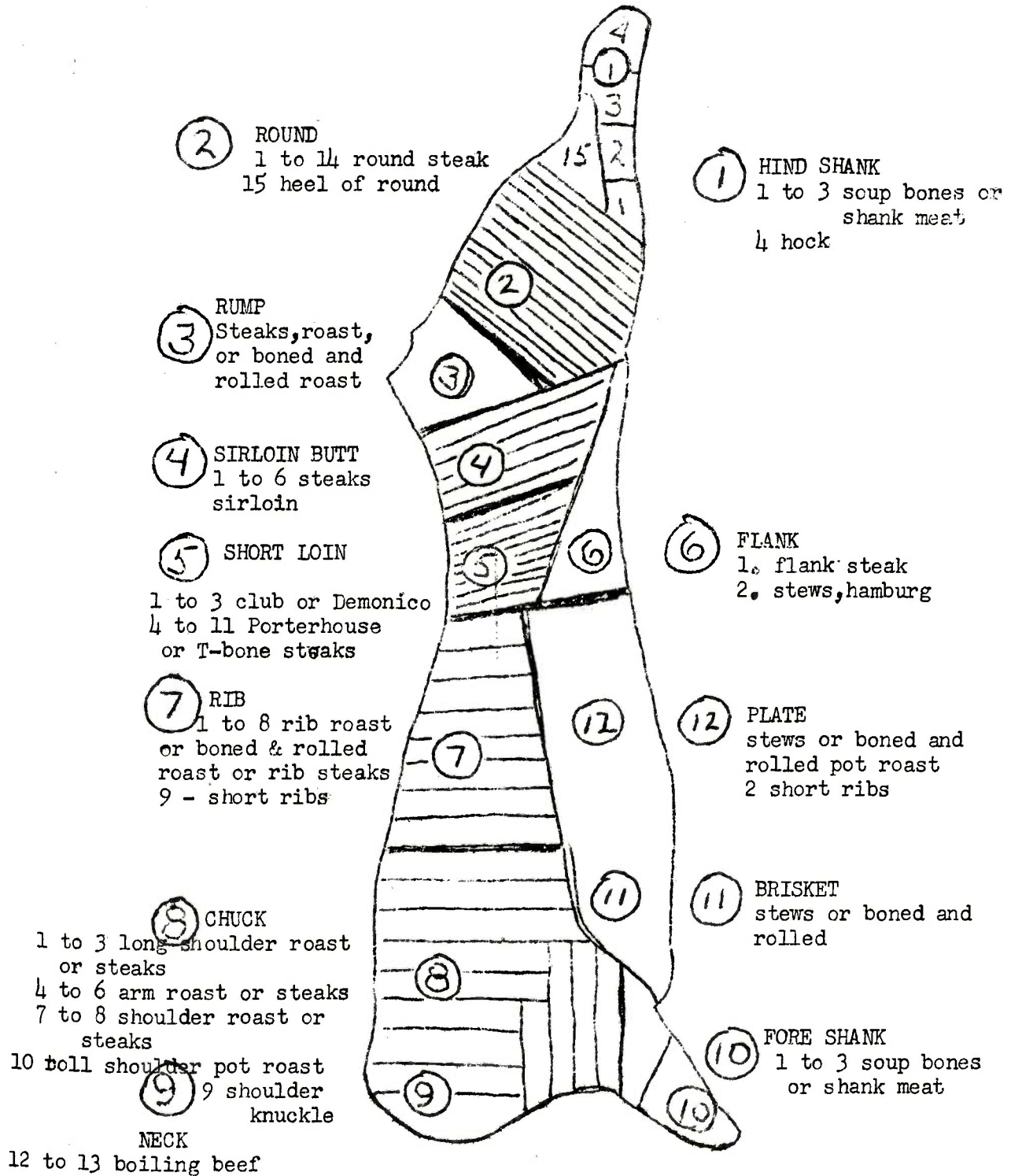
SUGGESTED MENU	INGREDIENTS	UTENSILS
Grapefruit juice	3/4 lb. round steak cut in	cutting board
Beef and Kidney Pie	1" cubes	sharp knife
Tossed green salad	2 small beef kidneys	pan salt water
Whole wheat muffins	1 1/2 tablespoonfuls suet or	clean cloth
Milk	beef drippings	skillet
Fruit in season	1/4 bay leaf	buttered casserole
Banana oatmeal cookies	celery tops	paring knife
	marjoram	vegetable brush
	1 cup sliced onions	molding board
	1 cup carrot cubes	rolling pin
	2 teaspoons salt	knife
	1/8 teaspoons pepper	measuring spoons
	1/2 cup enriched flour	tongs
		cup

1. Wash kidneys in salted water. Remove tubules. Cut in one-inch cubes.
2. Roll in flour to cover each piece.
3. Braise beef and kidney cubes in fat, slowly using medium heat. Turn each piece when it has reached the just right stage.
4. Add onions and fry until yellow brown.
5. Add 2 cups of water or soup stock.
6. Add celery tops, salt, pepper, bay leaf and simmer on low heat for one hour until meat is tender. Add carrots and cook 20 minutes longer.
7. Place mixture in buttered casserole, add liquid from skillet to cover. Save extra liquid for gravy.
8. Cover the dish with pastry or biscuit dough. Make a hole in the center of the pastry cover to allow steam to escape.
9. Bake in a hot oven (425 F.) for 25 to 30 minutes or until brown.
10. Potatoes and roots vegetables are often served with the pie.

KIDNEYS	APPROX. WEIGHT	PREPARATION	COOKING
Beef	1 1/2 to 2 1/2 lbs.	Do not soak	Veal and lamb
Veal	8 to 12 oz.	Do not pre-cook	Kidney may be broiled
Pork	2 oz.	Wash in salted water.	Beef and pork kidney
Lamb	2 oz.	Cut as directed.	should be braised.

NATIONAL SCHOOL OF MEAT CUTTING

BEEF CHART



University of Arizona
College of Agriculture and
U. S. Department of Agriculture
Cooperating

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Tucson

Agricultural Extension Service
Nutrition

A PATTERN FOR MEAL PLANNING

Name _____ Address _____ County _____ Date _____

PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Breakfast</u> Fruit or fruit juice Egg - Every day if possible Cereal - whole grain or restored Butter or margarine Milk Coffee or tea for adults						
<u>Lunch or Supper</u> Soup, stew, or main dish Vegetable - raw or cooked Enriched or whole grain bread Fruit or simple dessert Milk Coffee or tea for adults						
<u>Dinner</u> Meat or meat alternate Two vegetables - cooked or raw Enriched or whole grain bread Butter or margarine Simple dessert or fruit Milk Tea or coffee for adults						

The Phoenix Gazette

Meat Cutting To Be Topic

Gazette's Safford Bureau

SAFFORD, March 5 — Mrs. Elsie Morris, extension nutritionist, from the University of Arizona, will discuss the selection and preparation of less-known cuts of meat to Greenlee and Graham County homemakers.

The meeting in Greenlee County has been set for Tuesday at the home of Mrs. R. S. Ross, Clifton.

The Graham County meeting will be held the following day at the home of Mrs. Keith Smith, Thatcher.

Arrangements were made by Virginia E. Twitty, home demonstration agent for Graham and Greenlee counties.

Phoenix newspaper coverage of Leader Training Meetings
Held in Graham County, 1954

III. Project Activities and Results

D. Health and Safety

According to program plans Dr. J. N. Roney, Extension Entomologist, gave lessons to the homemakers on "Control of Household Insects". Dr. Roney gave a very fine talk, telling the history and habits of many of these pests which made his demonstration on how to control them more meaningful. Thatcher, Eden, and Aravaipa clubs had these meetings in their homes, and each invited women from neighboring communities which gave us representation from seven communities. A total of 45 women and men were in attendance. These folks were surprised to know that in many instances they had been using the wrong insecticide, and that they could control and eradicate all of these pests. Some were of the idea that they had to live with roaches, which are so prevalent in Arizona.

Dr. Roney and the Agent followed these meetings with the transcribed radio program, hitting the highlights of these demonstrations and giving the general public information as to how they could secure the bulletins and more help from the county agent's office.

As a result of the above meetings and the radio program, numerous other requests have come to the office for information concerning these pests and the bulletin has been more widely distributed.

At the Spring County Homemakers' Council meeting in Aravaipa Canyon Mrs. Charlotte Weathersby of the Aravaipa Club, and a former trained nurse, gave a talk to the entire group on first aid and different health measures to practice. At this time she told of the use of a magazine as a splint for a broken arm or leg. Only two days later one of the homemakers was on a picnic with a group of children and made use of this suggestion when one of them fell and broke her arm.

During National Safety Week in the Spring 1,050 letters went to county residents from the County Agricultural Agent and the Home Demonstration Agent. This was a colorful mimeographed letter with appropriate illustrations to more forcefully remind the readers of the importance of farm and home safety. A copy of this letter follows this report section.

As a result of the attendance of Mrs. Belle Bryce of Thatcher, attendance of the Home Nursing Class at Country Life Conference, the Thatcher Homemakers will have a course in home nursing under the direction of the local Red Cross Unit.

Mrs. Bryce made up the equipment that was presented in the class and gave the homemakers much of the information she had received. It was through her enthusiasm and work that the interest in home nursing has grown. Eleven Thatcher homemakers completed this course. It will be of great benefit to most of them as they nearly all have a family of small children.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
Safford

University of Arizona
College of Agriculture
U. S. Department of Agriculture
and Graham County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

July, 1954

Tripping over
objects

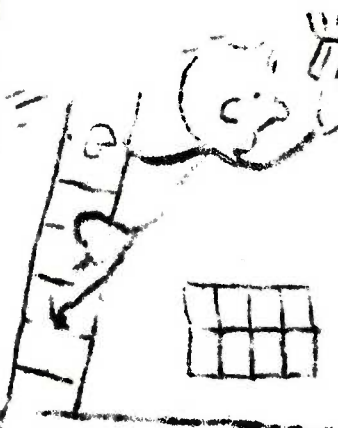


T H E
NATIONAL FARM

JULY 25-31, 1954

Safety Week

Reaching on ladder



Every 26 seconds during the year
a disabling injury will strike some
farm person

More farm people are injured in accidents in the HOME than anywhere else on the farm.

Makeshift Ladder



FALLS lead the list of mishaps in the home and around the farm.

Remember: FARM TO LIVE AND LIVE TO FARM

Slipping - Grease



1. Keep machines in good repair
2. Operate tractors safely
3. Know and obey all traffic laws
4. Be fire-sighted
5. Speak to animals when approaching them
6. Have and use proper equipment for every job
7. Watch your step to prevent falls
8. Avoid fatigue; fatigue causes accidents
9. Know and obey water safety rules
10. Know proper first aid measures; apply promptly

THESE ARE THE FARM COMMANDMENTS FOR SAFETY

LISTEN TO THE EXTENSION SERVICE RADIO PROGRAMS FOR
OTHER SAFETY SUGGESTIONS

Open wells or
cisterns



Virginia E. Twitty

VIRGINIA E. TWITTY, Home Demonstration Agent

John L. Sears

JOHN L. SEARS, County Agricultural Agent



Graham County Guardian

GILA VALLEY FARMER

SECTION TWO

FRIDAY, MAY 14, 1954

PAGE FIVE

Household Insect Control To Be Demonstrated

Dr. J. N. Roney, Extension Entomologist, University of Arizona will give demonstrations on control of Household Insects to Homemakers May 17 to 20th in Graham and Greenlee counties.

Miss Virginia Twitty, Home Demonstration Agent for the two counties, announces the following times and places for these demonstrations.

Mon. May 17, 10:00 A.M. Thatcher — home of Mrs. Elma Grawes, 1 block N. of Thatcher Appliance. 2:00 P.M. Eden — home of Lamar Kempton.

Tues. May 18, 1:30 P. M. Klon-dyke — Home of Mrs. Leona Rex (Eureka Ranch).

Wed. May 19, 10:00 A.M. York — Home of Mrs. Mattie Foote 1:00 P.M. Morenci — home of Mrs. Flora Munkres 28 A. Fair-play.

Thursday May 20, 10:00 A.M. Plantsite — home of Mrs. Berniece Parks 114 Linden, E. Plantsite.

Dr. Roney will show how to spray and use the various insecticides for killing of roaches, moths, silver fish, flies etc. that are definite health hazards and pests, throughout the year, unless kept under control.

The meetings were planned by the homemaker clubs, but they will welcome others who want to learn about these insects.

III. Project Activities and Results

E. Clothing

Mrs. Grace Allen from the Thatcher Relief Society used the information given in the lesson on "New Fabrics" in 1953 to train leaders from all relief societies in the St. Joseph Stake. As a result of this meeting the Thatcher and Pima Relief Societies had the lesson in their own groups with their leader giving the lesson. The kit and printed material furnished by the Extension Service was used in each of these meetings.

The Agent prepared illustrative material and gave the regularly scheduled lesson "4-H Club Seams and Finishes" to all homemaker clubs, and 4-H club leaders during February.

In preparation for this lesson visits were made to the various stores to talk with buyers and find what was available in supplies relating to the lesson.

At the beginning of each lesson there was an explanation of why the lesson was selected and the advantages to both 4-H club members, leaders, and mothers of these members. The fact that the construction techniques were good basic steps of teaching and that the girls learn each step as they have need for it, and will use it in the process of learning. The Agent also told these women that we emphasize that the leaders give the girls a reason for each item that they have to learn. With this basis the lesson followed by showing the articles of clothing that 4-H club members make, along with samples mounted in folders to show where each process or technique would be used later in their sewing. As an example of this, after explaining the making of the mitt and showing how to clip the seams, there followed folders with collars and necklines showing how the same technique would be used.

Special construction finishes were shown such as making a bound buttonhole and putting in zippers. These were both demonstrated step by step, and the homemakers were given an opportunity to put in a zipper if they cared to.

Roll call at each meeting was answered by a sewing hint. This gave quite a good idea as to what some of the problems and the background of each member was. This also brought out some requests not included in the meeting. Machine hemming, darning by machine, and several adjustments were given at various meetings as the need arose.

Each member was furnished the following bulleting and mimeographed material:

1. 1st year 4-H bulletin
2. 2nd year 4-H bulletin
3. Stay stitching
4. Bound buttonholes
5. Mimeographed information on seams and interfacings

The steps given in the demonstration were referred to during the meeting, but since many of these could not be demonstrated for lack of

time, it was emphasized that they refer to the bulletins for further help.

Information and illustrative material for this lesson has been referral to many times during the year as clothing construction questions came up. The lesson was given to the girls and their mothers of the Pima Club. All 4-H clothing leaders attended the homemaker meetings where this information was presented.

Only 2 clubs reporting

Reports from clubs indicate the following from their members:

Number using information given on:	Members	Neighbors and Others
1. Clipping seams, corners, curves, etc.	5	
2. Seam finishes	5	
3. Pressing seams open before ironing or pressing	2	
4. Making and tying darts	2	
5. Hems by hand	2	
6. Putting in zipper	1	
7. Gather skirts	1	
8. Setting in sleeves	4	1
9. Putting in waist and skirt together	4	
10. Making and using interfacings	4	
Others <u>Machine hem</u>	<u>4</u>	<u>6</u>

Number who passed the information on to a non-member _____

The Agent was glad to be asked to serve on the panel for Country Life Conference. This panel consisted of a manufacturer, sales promotion director, assistant store manager, buyer, dry cleaner, a homemaker, and the home demonstration agent to discuss "Be Wise When you Buy Ready-made Dresses". Miss Helen Church, Clothing Specialist, served as moderator for this group. Questions from the women in the audience were answered and discussed. The women were very pleased with this phase of the program and the panel members seemed to enjoy the opportunity to tell their side of the story of merchandising.

The Agent appeared on the television program with representatives of this group later in the week. In preparation for this assignment the agent visited six clothing stores or departments in Safford to read labels, examine workmanship, compare prices, and discuss general problems with personnel in these places of business. These contacts were very good and brought about some additional questions in regard to home demonstrational work.

The information arrived at from the panel discussion at Country Life Conference was used by the Agent on the weekly radio program following this meeting.

It is unfortunate that there may not be an Agent in the county when the series of lessons on "Making Better Dresses" is given in September and October. This Agent is sorry to not have this information for herself too.

Presidents, homemakers and 4-H leaders and L.D.S. Presidents have been given information as furnished by Miss Church, that leaders will train five or more women in their community to make a dress just following the lessons that they will be given. Each organization has been asked to enroll their leaders for these lessons.

With the help of Miss Church, the Agent will be able to hold a preliminary planning meeting on selection of design, patterns, and fabrics in August.

III. Project Activities and Results

F. Recreation and Community Life

Recreational facilities in the county as a whole seem to be taken care of by each family or community in its own way. With the mountains and desert so close at hand, picnics, camping, and hunting are favorite recreation for many groups.

As for more formal planned recreation the church groups and schools take care of those within their jurisdiction. This is especially true of the L. D. S. church organizations.

Any community wide concerts or the more cultural entertainment coming into the county is not well enough supported by the people to carry on such programs.

The Homemaker and 4-H clubs in the county need to improve their regular meeting plans to include more planned recreation. Some of the clubs do a fine job of having songs and games at each meeting. Each homemaker club has a Christmas party in December. Some devote the entire meeting to the recreation and party phase of the program, while others include election of officers. Each club holds a family picnic in July at which time various kinds of recreation are provided by the group. Thatcher Homemakers for the first time have some form of recreation at each meeting.

The Aravaipa community is isolated in that they live about 50 miles from the main center of population; therefore they have to provide their own recreation. They have planned dances for the entire community as well as the homemakers' picnic.

4-H Project Summary

The clothing girls completed 54 articles of clothing and 78 garments for wearing. Leaders were given training at the time that the lesson 4-H seams and finishes was given to the homemakers. Each leader has also made use of the illustrative material made up for this lesson in presenting different techniques to their members and mothers.

The third and fourth year clothing girls were given assistance in buying patterns and materials for their dresses as the various club groups came to Safford. The Agent accompanied them to the stores and advised on their selections. A buymanship tour of the stores of Safford was made by the third and fourth year girls and their leaders. The Agent had made previous arrangements with sales people for examining and explaining details of selection for buying slips, hose, panties, foundation garments and dresses.

The two foods clubs in the county were given individual help at various times rather than through formal training in a meeting. Mrs. Lois Kempton was an experienced leader and Mrs. Paul Winkler of Thatcher was new, but very well versed in food preparation.

The Eden club girls of three members in foods planned, prepared and served a luncheon for their mothers, the Agent and the Leader. Thatcher girls plan to have a luncheon for their mothers early in September.

Forty-three girls and leaders attended and participated in the county contests for selecting delegates to State Round-up. Twenty-three girls gave fifteen demonstrations. These girls were all given special training by the Agent and their leaders before attending Round-up.

Awards at Round-up for the six contests entered were three blue and three red with both top and second place high individuals in the clothing judging contest and a gold medal for top individual junior clothing demonstration.

IV. Outlook - Adult

With constant effort toward getting more participation from the women of the L.D.S. Relief Societies, it seems that with continued contacts it will be possible to eventually regain these women into the program. Individually many of them continue to express the desire to have help. There is also the constant reminder that they are very busy with their church work. It is the hope that the clothing program scheduled for the Fall months will renew some of the interest among groups that have not been actively participating in the regularly scheduled program.

It is the opinion of this Agent that there has been an increased interest of the women in the county, for knowing of the Homemakers' program even though there is still not the constant participation that is desired. The attitude has improved, more inquiries are made, and with more contacts there is good possibility of reaching many more women than has been true for the past two years. This has, and will, take time and patience.

The radio program has reached a goodly number of people in the county and the reports of this help continue to increase. There is still more possibility through this and newspaper work.

The Homemaker's County Council is doing a fine job of assuming responsibility. It has been suggested by the President, Mrs. Belle Bryce, (even before she knew of the Agent's plan to leave), that it would be good to again this Fall make visits to the various clubs. This will be a very fine gesture now.

Program planning should go along much as last year, as the same procedure is being followed in the program. However, constant reminders throughout the year should improve the thinking of the leaders to channel their thoughts into continuing some phases of this year's program by emphasizing one or more parts. The Agent has tried to bring before them the many possibilities for lessons that would be a close follow-up of lessons this year.

It is hoped that a new Agent will soon be available to continue the work to prevent a lapse of interest, as is sure to follow if these Leaders do not have this help. They are fine leaders, but need guidance as well as assistance.

The clothing program "Better Dresses" and the "Frozen Foods" lessons will undoubtedly be two of the best this year, as there has been a good build-up toward them. The clothing program had to be postponed from two years ago, when there was no Agent in the county, so the women have been looking forward to it with much interest.

Summary (Cont.)

Of the 78 days spent on home demonstration work in Greenlee County, there were 39 days spent on 4-H club work. There has been home economics club work in 3 communities with 4 separate clubs under the leadership of 5 women.

The clothing girls completed 88 articles of clothing and 92 garments for wearing. Leaders were given training at the time that the lesson, "4-H Club Seams and Finishes", was given to Homemakers. Each leader has also made use of the illustrative material made up for this lesson in presenting different techniques to their members.

Home furnishing girls were given training and shown illustrative material by the agent.

Foods girls in Duncan did a very fine job of work under the supervision of Mrs. Stanley Coon and junior leaders. This club was given individual training in meetings and several conferences with the leader gave more help.

The Duncan girls' club made a visit to the home on the Safford Experimental Farm. The girls had expressed a desire to see the house, and plans were made by the agent for them to make the visit. At the same time, they made a visit to the Safford Packing Plant. Twenty three girls and leaders made this tour. Mrs. LaRue Chapman served lemonade and cookies to the group after their tour through her home. These girls were also treated to ice cream at the "Dairy Queen" by their leader. The agent accompanied the club on this tour.

Eight girls and three boys in home economics contests attended State 4-H Roundup in Tucson, June 1-5. There were about 450 in attendance at the meeting. The mother of one of the boys came over to see the contests and attend the banquet.

Of the seven contests entered, the following awards were made:

DEMONSTRATIONS:

Food Preparation Team - Senior

Pat Kirkpatrick

Joan Yetman "Preparing 4-H Salad" -----Blue

Dairy Foods Team - Senior

Roberta Stratton

Betty Lou Francese "Making and Using White
Sauce"----- Blue

Dairy foods Individual - Senior

Nancy Coon - "Making and Serving Soft Custard"--- Blue

Food Preparation Individual - Junior

Anne Van Gundy - "Measuring Liquid and Dry
Ingredients" ----- Red

Food Preparation Team - Junior

Charles Fenzi

Dale Allen - "Setting A Table For Breakfast"-----White

Clothing Individual - Senior

Frances Sanders - "Gathering a Skirt" -----Blue

JUDGING

Food Preparation - Junior

Charles Fenzi

Dale Allen

Phillip Churchfield (Team) -----White

In each meeting the Agent emphasized only the simple features of washing and ironing, but the ones thought to be the most common mistakes and those that usually could be improved upon. She also stressed the many phases of washing and ironing that can be used separately as a complete lesson. Leaders were urged to think seriously of fall program planning in regard to this phase of home management.

Leaders expressed a pleasure in having presented this lesson to their members. It was of interest to all, and they seemed to have good participation.

Leader's reports indicate the following results:

	Club Members	Neighbors or Others
<i>Only 2 clubs reporting</i>		
Number using information for:		
1. Improving sorting	12	
2. Improving washing	11	
3. Improving dampening		1
4. Improving ironing	2	
5. Buying laundry carts		
6. Buying ironing boards		
7. Buying dampening bags		1
8. Buying other laundry equipment	2	
9. Number who now soften water for laundering	1	
10. Other helps		

A copy of the material supplied to each homemaker hearing and seeing this lesson is attached to this report at the end of this section.

Mrs. Gertrude Pointer of the Thatcher Club, in May, passed along information on a lesson the homemakers had had about two years ago. She taught Mrs. Mary Belle King, Extension Agent, San Carlos Indian Service, how to make a wagon wheel rug. This proved to be of great interest among the homemakers, and since the project makes use of used materials, it will probably be very fine for Mrs. King in her work with the Indian women.